

TURN DOWN THE SOUND

EVEN THE NOISE OF CHILDREN PLAYING CAN CAUSE A NEIGHBOURHOOD FEUD

metroLIFE

Calgary metro

BREW BEER TO
SAVE MONEY
metroFINANCE



MONDAY, AUGUST 17, 2015

High 21°C/Low 8°C Mostly sunny



JENNIFER FRIESEN/FOR METRO

'A DREAMSCAPE'

DANCER KEEPING CARIBBEAN CULTURE ALIVE

metroNEWS

Growing faster than the Internet

INFRASTRUCTURE

Many homes left without key service



Helen Pike
Metro | Calgary

Houses are sprouting up in Calgary's newest suburbs faster than the Internet.

Some residents in areas like Legacy, in the city's deep south, are moving into newly built homes and finding out that high-speed Internet access isn't available.

Duncan Smail, senior development manager with Westcreek Developments, the company behind Legacy, said the problem is more common than some might think.

"I think when you sign on to

purchase a new home that you would expect telephone and Internet will be part of that service package — just like you get electricity and power," said Smail, noting that's not always the case.

"My understanding is this isn't unique to Legacy," he added. "It's spread across the entire development industry in Calgary."

Smail said he's aware of about 50 homes in Legacy without Internet access.

Internet providers like Telus and Shaw told Metro they are doing what they can to get service in these areas.

"We currently have our fibre infrastructure in place in Legacy to support the existing subdivision," a Shaw spokesperson said in an email. "We are working to install additional infrastructure in the area to provide residents in newer areas of Legacy with access to our service. We expect this installation to be completed by the end of this month."

It's Time to Check Out
Robertson College.

Call 587.794.4476 or visit robertsoncollege.com to get started!



ROBERTSON
COLLEGE

HURRY!
OFFER ENDS
SEPT. 18



**Join RBC.
Enjoy better
banking.**



Apple iPad mini 2

Get a Complimentary iPad mini 2*

**Join RBC and we'll give you an iPad mini 2,
so you can enjoy a better banking experience.**

Open a new all-inclusive banking account and get great features like no minimum balance requirements, free[†] Interac⁺ e-Transfers, and non-RBC ATM fee refunds in Canada[^]. Plus, you can bank conveniently with the RBC[®] Canada app available in the App Store.

It's back until September 18, 2015.

Visit rbc.com/getipad or call 1-866-864-9755



Conditions apply. To get an iPad mini 2, you must be a new eligible personal client, open either an RBC Signature No Limit Banking account or RBC VIP Banking account during the promotional period, and complete criteria by October 19, 2015. Offer available from August 6, 2015 to September 18, 2015 but may be changed or withdrawn at any time without notice. Clients who received the iPad mini in 2014 or iPad mini 2 in the 2015 campaign that ran between April 30th and June 15th are excluded. [†]RBC Signature No Limit Banking account includes 15 Interac⁺ e-Transfers per monthly cycle. RBC VIP Banking account includes unlimited Interac⁺ e-Transfers. Other conditions and restrictions apply. [^]RBC will refund the Interac⁺ network access fee up to a maximum of three (3) refunds per monthly cycle, if used, for RBC Signature No Limit Banking (SNL) accounts and unlimited times for RBC VIP Banking accounts. ATM operator surcharge (also called a convenience fee) may be charged by other ATM operators and added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee and is added directly to the amount of your cash withdrawal. All clients who use non-RBC ATMs may be charged a convenience fee regardless of the type of account they hold. © / [™] Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ^{}All other trademarks are the property of their respective owner(s).

METRO

'A great opportunity' for resource reclamation

ENTREPRENEURSHIP

Initiative aims for more reuse of construction materials

Krista Sylvester
For Metro | Calgary

As far as ideas go, this one is almost as organic as they get.

It started with a concerned citizen taking initiative after witnessing a missed opportunity to recycle used construction resources.

It took Inglewood entrepreneur Jacquie Aquines just one day to spring into action when she saw a city-led construction project forgo the chance to recycle or donate used sidewalk bricks from 9 Avenue SE — in this case to a group fundraising for patio blocks just down the street.

While the city was removing bricks from the busy sidewalk and putting them into trash bins, just half a block away there was a fundraiser by the Inglewood Lawn Bowling Club, and both groups were unaware about what the other was doing.

Aquines asked the crew where the bricks were going and they told her to the trash.

"The very resource they were fundraising for was sent to the



Old bricks were torn out of the sidewalk along 9 Avenue SE as part of a restoration project in Inglewood and due for the trash heap. Jacquie Aquines wants to help connect those looking to obtain or dispose of such materials through #ReclaimMeYYC. JENNIFER FRIESEN/FOR METRO

landfill. It's ironic and sad," Aquines said, adding it was simply a case of a lack of communication.

While she doesn't blame the city for the missed opportunity, she said she hopes in the future situations like this can be avoided.

That's why she created the #ReclaimMeYYC hashtag on

Twitter and Facebook and even created the website ReclaimMeYYC.org.

"There is a great opportunity for communication between city construction initiatives, business owners and the community to mobilize a path of redistribution of the reclaimable material."

For the city's part, even

though it strongly encourages private companies to reuse and recycle construction materials when possible, there doesn't seem to be an official policy in place forcing the city to do the same.

Roads communications advisor Chris McGeachy says some of the bricks were removed by hand and put on a

pallet to be used by the city at a later date, while others would have been trashed if the city couldn't use them again. He said he isn't aware of a policy when it comes to removing materials such as bricks.

"I believe the material disposal is at the discretion of the contractor," he said. "I think there are rules in place for not just giving them away."

Calgary Waste and Recycling communication supervisor Blaire Riddle said the city's business unit pays the same rate as everyone for waste, which is \$110 a tonne for the basic rate and \$165 a tonne for materials that could be recycled, including bricks and other designated construction materials.

"The idea is that you could have recycled this and saved yourself some money, so that's the mindset of the designated materials rate," Riddle said. "We're trying to encourage them to recycle these materials by charging a higher rate for them."

Aquines has been in touch with Ward 9 Coun. Gian-Carlo Carra's office and is working closely with Acclaimed Trading Co. to put an initiative in place to help connect people in the community looking to get rid of or obtain construction materials that can be reused.

"I think #ReclaimMeYYC is a great first step but it will take co-operation from everyone to make it work," she said.

FOOTHILLS

IV bag may have attracted wasps

An entomologist says a Calgary hospital patient's IV bag might have played a role in attracting the wasps the man claims stung him two dozen times during an evening stroll.

Rob Longair of the University of Calgary says the wasps may have mistaken the bag for a pool of water, which they would have been seeking to cool their nest following the hot, dry weather.

Randy Purdy says he was in the courtyard of the Foothills Medical Centre on Tuesday night when he noticed he was standing next to a wasps' nest.

Purdy says he ran for it, but the wasps chased him inside the front door and all the way into the lobby.

He says he informed hospital staff of the location of the nest, but Alberta Health Services says there have been no complaints about wasps at the Foothills Hospital.

Purdy says his head was swollen and he suffered stings to his neck, groin and feet.

"It was a swarm of yellow jackets," said Purdy. "I just started running; they were all over me."

"When I took my shirt off, they were stuck to my skin. I was flashing them off."

AHS officials say a report of a wasp nest would result in the immediate removal of the offending nest from hospital grounds.

THE CANADIAN PRESS

Complete your
HUMAN SERVICES DIPLOMA
in One Year Evenings
and Weekends.

Human Services Professionals earn between **\$33,000 to \$63,000** per year.

Enroll today in our **Human Services Diploma Program!**

Specialize in: Social Work, Youth Work, or Education Assistant

Columbia provides a caring, warm, and respectful environment to learn.

Our students want to attain a better quality of life.

Columbia is dedicated to the future success of our students.

Taught by professionals in their respective fields

Free upgrading and student loans available for those who qualify

Competitive tuition fees

For more information:

www.columbia.ab.ca/m

Call now: 403.235.9300

Drop-in: 802 Manning Road NE, Calgary AB (Monday to Saturday)

COLUMBIA
COLLEGE
CALGARY

Quality education that works for you & employers.

BLAZE

Chimney fire at Kensington coffee shop quickly contained

There was a brief scare, but business was expected to return to normal after a small chimney fire broke out at a popular Kensington coffee shop Sunday afternoon.

The fire caused some traffic delays around 10 Street and 3 Avenue NW after it broke out around 3 p.m.

Fire district Chief Jim Kirkpatrick says there were no injuries and the fire was quickly contained to the chimney at The Roasterie.

"They were roasting their coffee beans and something just ignited up in their chimney, but thankfully it was quickly contained and never damaged the interior or the exterior of the coffee shop," he said, adding there was no



Emergency personnel respond to a chimney blaze at The Roasterie on Sunday afternoon. KRISTA SYLVESTER/FOR METRO

damage to any other buildings.

"Our concern is if it affected the roof but fortunately it didn't, so that's a

good thing."

KRISTA SYLVESTER/FOR METRO

MORE LOCAL NEWS ONLINE



Fort Calgary's new sculpture, Mountie on Horseback, at the eastern edge of the Elbow River Traverse. JEREMY SIMES/FOR METRO

Not-so-new sculpture has deep roots

HISTORY

Mountie embodies all those who shaped city



Jeremy Simes
For Metro | Calgary

After spending 15 years stashed away in a storage facility in Bearspaw, Fort Calgary's newest sculpture, Mountie on Horseback, has finally seen the light.

Greeting pedestrians on the east side of the Elbow River Traverse, Mountie on Horseback nicely ties Fort Calgary's two sites — the Barracks and the Deane House — together, said Tim van Wijk, the organization's facilities operations manager.

"I think (the statue) becomes an icon for tying the two sides of the site together," van Wijk said. "We're hoping it'll become an icon along the bike path."

What took so long for the statue to be installed?

The timing and location had



Imagine having the fortitude to stay and build this city.

Tim van Wijk

to be perfect, van Wijk said, adding it was the new pedestrian bridge (Elbow River Traverse) that drove the momentum to install the statue.

Unlike Fort Calgary's statue of Col. James MacLeod, Mountie on Horseback doesn't resemble a specific person. Rather, it embodies all Mounties and their contributions to shaping Calgary back in 1875, van Wijk said.

"Imagine having the fortitude to stay and build this city," he said. "All the Mounties were civic leaders for Calgary at the time."

Once the statue's final touches are complete, van Wijk said a line of text scribed on the plinth will read, "What was it like to stand in a wide open prairie and imagine this city?"

He said he hopes that message will let Calgarians know that anything is possible, even building a metropolis from scratch.

The installation is part of Fort Calgary's \$36.3-million Master Plan project.

Cast in bronze, Mountie on Horseback was made by famous Alberta sculptor Harry O'Hanlon, whose estate donated the piece to Fort Calgary.

Before being stored in Bearspaw, it was seen at baggage claim in the Calgary International airport from 1995 to 2000.

The sculpture also has a twin, which can be found near the Banff Springs Hotel.

HEALTH

Warning issued over shellfish bacteria

The number of illnesses connected to eating raw shellfish from British Columbia has climbed to 67 cases in that province and in Alberta.

The Public Health Agency of Canada said 48 cases have been recorded in B.C., and 19 people have become ill in the neighbouring province since June 1.

The agency issued a public health notice Friday, saying it is collaborating with provincial and federal health officials, the

Canadian Food Inspection Agency and the Department of Fisheries and Oceans to investigate the outbreak.

The naturally occurring bacteria that's been linked to raw oysters from B.C. can be present during periods of increased water temperatures.

Alberta Health Services issued a warning Friday encouraging Albertans to cook their shellfish to reduce the risk of getting sick. The Vancouver Coastal Health

authority issued an order earlier this week that restaurants must cook all oysters harvested in the province before serving them.

Elderly people, infants, pregnant women and those with underlying health conditions are most at risk for the illness with symptoms including diarrhea, nausea, vomiting, fever and headaches.

To reduce that risk, Alberta Health Services advises that people eat only properly cooked

shellfish, that they discard any shellfish that doesn't open when cooked and avoid eating seafood when taking antacids, because reduced stomach acid may allow the bacteria to survive and grow in the intestinal tract.

Illness symptoms typically last for three days to a week and usually don't require any treatment.

The public health notice said one person was hospitalized because of the illness.

THE CANADIAN PRESS

IN JUST
5
MONTHS

BEGIN A REWARDING CAREER AS A
HEALTH CARE AIDE

EVENING & WEEKEND PROGRAMS



ALBERTA BUSINESS & EDUCATIONAL SERVICES

13

CERTIFICATE
PROGRAM
INCLUDING

- GOVERNMENT OF ALBERTA HEALTH CARE AIDE
- ST. JOHNS AMBULANCE [FIRST AID, CPR, AUTOMATED EXTERNAL DEFIBRILLATOR]
- SUPPORTIVE PATHWAYS, FOOT CARE, DIABETES, MEDICATION ADMINISTRATION, FOOD SAFE, WHIMIS, PALLIATIVE CARE
- BEST FRIENDS ALZHEIMER'S SOCIETY CERTIFICATE
- 3 CLINICAL PLACEMENTS [HOSPITAL PLACEMENTS AVAILABLE]

HELPING PEOPLE TRANSFORM THEIR LIVES THROUGH EDUCATION

CALL TODAY 1.877.300.6280

ABES.CA

A kickflip of confidence

AUTISM

Clinic a space of inclusion for kids on the spectrum



Aaron Chatha
Metro | Calgary

All it takes is a board and four wheels to instil confidence in a group of kids who need it the most.

This is the third year Zev Klymochko and the Calgary Association of Skateboarding Enthusiasts have held skateboarding clinics for kids with autism.

They just wrapped up their sixth and final clinic at the Westside Recreation Centre.

"A lot of these kids aren't able to play team sports because of their autism or Asperger's," said Klymochko.

"So having an individual activity like skateboarding, it's a great way for them to not only get exercise, but creatively express themselves and just have



Zev Klymochko and the Calgary Association of Skateboarding Enthusiasts help put on the clinics. JEREMY SIMES/METRO NEWS

fun without relying on a team or a coach. They can progress at their own rate."

The program is volunteer-based and runs in co-ordination with the Autism Aspergers Friendship Society of Calgary.

"Any time kids do anything new, they gain new confidence,"



A lot of kids were getting taught a lot of social skills, but never actually had the chance to use them, practise them, fail at some things and learn.

Dean Svoboda, founder, Autism Aspergers Friendship Society of Calgary

said organization founder Dean Svoboda. "Every time a kid gains confidence or gains exposure to something they otherwise wouldn't try, that maybe snowballs into them trying other new things."

Svoboda created the organization to help kids with autism connect and meet out of the classroom.

"A lot of kids were getting taught a lot of social skills, but never actually had the chance to use them, practise them, fail at some things and learn," he said.

The skateboarding clinic is based of a similar program in the U.S.

Not only does the clinic help the kids learn the basics of the sport, but it gives them a space to create lasting friendships. Some of them now have their own equipment and continue to board in their own free time.

Klymochko said the appeal of skateboarding is pretty straightforward.

"The number one thing is fun. It's a fun activity. It's accessible. You can do it pretty much anywhere. So they skills they learn at our clinic they can take to another skateboard park," he said.

COLLISION

Two pulled from wreckage of head-on crash

Two people were pulled from their wrecked vehicles and rushed to hospital with serious injuries Saturday, following a head-on collision of their vehicles on 37 Street SW.

Paramedics responded to the site of the crash, about a kilometre north of Highway 22X.

The crash involved an SUV and full-size station wagon, and paramedics arrived at about 1 p.m.

There, they found the drivers of both cars trapped in their vehicles.

"Both required extrication due to severe intrusion into the driver compartments," EMS said in a release.

A man in his early 30s suffered "multiple traumatic injuries."

The second individual, a woman in her 60s, suffered serious injuries to her lower body.

Both were transported to Foothills Hospital and were in serious condition.

METRO



99¢ ORIGINAL GRAND SLAM®

ON TUESDAY, AUGUST 18TH

We're celebrating the reopening of our newly renovated Crowfoot location with 99¢ Original Grand Slams* between 7AM and 2PM.

All proceeds donated to Corus Feeds Kids.



Visit us today in Calgary: 138 Crowfoot Way NW, Calgary Call: 403.241.6069

*Offer limited to one Original Grand Slam per person, per visit, at 138 Crowfoot Way NW, Calgary, AB, location only for the specified time period only. Not valid with any other promotional offer. Taxes and gratuity extra. Grand Slam served with two scrambled eggs, two pancakes, two bacon, two sausages only. No substitutions. Beverages not included. Dine in only.

THESAMPLESALEGUYS.COM
587.887.2377

END OF SUMMER



DESIGNER CLOTHING SALE

AUGUST 19-21, 2015

3 DAY SALE OPEN TO THE PUBLIC

UP TO **80% OFF**

WEDNESDAY AUG 19 (11AM - MIDNIGHT)

THURSDAY AUG 20 (11AM - 10PM)

FRIDAY AUG 21 (11AM - 8PM)

WOMENS & MENS CLOTHING

UGG MICHAEL KORS ZANEROBIE SUPER DRY WILDFOX LAZY PANTS TOMS SHOES JOHN VARVATOS
BIKKEMBERGS SEVENS LACOSTE FRED PERRY VERSACE G-STAR AMERICAN VILLAGE BAILEY 44
AUTUMN CASHMERE COTTON CITIZEN FREE PEOPLE LAUREN MOSHI PREMONITION VELVET MINK PINK
SPLENDID STATE SIDE TAYLOR JACOBS JOIE HUDSON JEANS NAKED ZEBRA WALTER BAKER BOY LONDON
HOUSE OF HARLOW WINTER KATE NUDIE SCOTCH & SODA TRUE RELIGION ROCK REVIVAL PSYCHO BUNNY



COAST PLAZA HOTEL 1316 33 ST NE, CALGARY, AB

10% OFF WITH THIS AD*
*CASH ONLY. SOME RESTRICTIONS APPLY.



Play equipment was shut down after a child was burned while using it in the bright sun. JENNIFER FRIESE / FOR METRO

Metal slide burns child

ST. PATRICK'S ISLAND

South-facing chutes shut down till solution found



Helen Pike
Metro | Calgary

Opening day at St. Patrick's Island didn't quite go off without a hitch.

The Calgary Municipal Land Corporation (CMLC) received a call through 311 that prompted officials to shut down a south-facing metal slide for the foreseeable future.

A child who attempted to use the slide was reportedly burned to the point of blistering after the metal heated up under the sweltering hot sun.

"We haven't had direct contact with the parents the family or the child, obviously, but in this case we took immediate action," said Susan Veres of CMLC. "We will make sure that the health and welfare of the child and our guests are paramount in all of what we do here."

"It's been really hot and these are not plastic slides, and so what we're doing now is were trying to with limited information we're just trying to figure it out what can be done to avoid something like

this in the future."

Dana Wheatley, the blogger behind Calgary Playground Review, said the slide's design should have been a red flag to developers before opening.

"South-facing metal slides getting hot are a known problem, and I'm surprised that this was overlooked when it is such a major part of the playground design," Wheatley said in an email. "It's important for kids to be able to take some reasonable risks in their play but going down hot slides isn't part of that!"

Veres said the developer team is now looking into alternatives like specific coatings for the slides, a canopy for shade, or vegetation designed to cast shadows on the metal surface.

She added that, so far, feedback for the park has been good but CMLC is treating the first few months as a soft launch before September comes, and is looking to improve on any flaws until then.

"I cannot tell you the degree of compliments the park is receiving. It seems to be that Calgarians' have fallen in love with the place," said Veres. "Really, it's been overwhelming for us."

The only other complaint CMLC fielded was a lack of signage — which they are working to rectify.

As with any public concerns or bylaw issues, Veres said contacting 311 is the way to go.

... I'm surprised that this was overlooked when it is such a major part of the playground design.

Dana Wheatley, Calgary Playground Review

FEDERAL ELECTION 2015

Ex-police chief endorses Liberal Naidoo

Former Calgary police chief Rick Hanson, who ran as a Progressive Conservative in last May's provincial election, has endorsed a federal Liberal candidate in the upcoming federal election.

Hanson offered his endorsement over the weekend at a campaign kickoff event for former broadcaster Nirmala Naidoo, who is running for the Liberal Party of Canada in the riding of Cal-

gary Rocky Ridge.

The former police chief helped introduce Naidoo to a crowd of supporters at Symons Valley Ranch.

"Her commitment and her willingness to step up to run for the Liberals in Calgary Rocky View is because she wants to do the right thing," Hanson said. "She wants to represent people, she wants to represent their interests and she wants to do what's

right for everybody."

In a statement, Naidoo said she met with the former chief after winning the nomination for the newly created riding, which resulted from redistricting since the last federal election.

Naidoo said she has a great deal of respect for Hanson and is proud to have her support campaign.

"I think there's a myth out there that all PCs are feder-

ally conservative," she said. "There are a lot of PCs out there who are actually federally Liberal, so at the end of the day I knew that Rick was very progressive and it's about being progressive."

Hanson lost by just 100 votes to NDP candidate Ricardo Miranda in the provincial constituency of Calgary-Cross.

METRO/WITH FILES FROM NEWSTALK 770



HOUSE OF CARS

SALES / SERVICE / FINANCE



Calgary's #1 Pre-Owned Dealer Group

NO PAYMENTS FOR (O.A.C.)

6 MONTHS


ON ALL PRE-OWNED VEHICLES!

WWW.HOUSEOFCARSCALGARY.COM

Prices are based on vehicle only. Warranty, finance fees, and GST extra O.A.C. All bi-weekly payments are calculated at 4.99% interest over 60/72/84 months depending on year of vehicle. Total cost of credit based on an interest rate of 4.99% over 84 months will be approximately \$3,353.19 if customer pays the minimum payment for the full term. Each individual's credit will result in different cost of credit amounts.

Easy 30 Second Online Application

www.houseofcarscalgary.com



HOUSE OF CARS

SALES / SERVICE / FINANCE

House of Cars Inc. is a Licensed AMVIC automotive retail dealer

PARAPAN AM GAMES

Experience thrills
Okotoks rugby star

Zak Madell was chosen as Canada's flag-bearer for the closing ceremony after leading his wheelchair rugby team to a gold medal at the Parapan American Games.

And in the moments after he was handed the flag, Madell deflected the praise onto his teammates.

The 21-year-old from Okotoks scored 34 goals in Canada's thrilling 57-54 victory over arch-rival United States on Friday night, but Madell is an offensive target in a sport where players take on significantly different roles depending on their level of mobility.

"I get to go out and score the goals, and get the glory, but really I couldn't be doing it without my low-pointers clearing the path and just making my life easy for me," Madell said.

Rugby players are classified between 0.5 to 3.5. The higher the number, the better the mo-

bility. Madell, who lost his legs and fingers to a staph infection when he was 10 years old, is a 3.5. The low-point players mainly run interference for the goal-scorers.

The Canadians' victory, in front of a full house at the Hershey Centre in Mississauga, Ont., clinched them a spot in the Paralympics next summer in Rio.

Madell said Canada's chef de mission Elisabeth Walker-Young informed Madell of the flag-bearer honour in the dressing room after the game.

"It's been truly such an honour to be selected for this," he said, a couple of hours before the ceremony at Nathan Phillips Square. "I was just speechless, totally blindsided me, there are so many deserving athletes at these Games, and it's an honour to be there leading them into this next step, Rio 2016."

THE CANADIAN PRESS



Wheelchair rugby player Zak Madell carries the flag during the closing ceremonies in Toronto on Saturday.

DARREN CALABRESE/THE CANADIAN PRESS

Bringing Caribbean
culture to city youth

CULTURE

Calgarian
connects with
kids through
dance, drama

Lucie
Edwardson
Metro | Calgary

As a child, Sabrina (Naz) Comanescu used to tag along while her mother taught Caribbean dance classes. Now she teaches them herself.

The 23-year-old half-Trinidadian, half-Romanian said being able to connect with her Caribbean roots in an artistic way "is so fulfilling."

"It really helps with self-building and identity building," she said. "It is something that I am really confident in sharing and teaching within my community."

Comanescu runs the non-profit youth group started by her mother 14 years ago, called Diversity Performing Arts Club of Calgary (DPACC).

The group teaches kids through dance, drama and voice.

"It is just a really positive space for youth to come together," said Comanescu, who got her start as a performer dancing in the group.

The dancer said she feels a tremendous amount of responsibility to the children



Sabrina (Naz) Comanescu runs a non-profit youth group started by her mother 14 years ago, called Diversity Performing Arts Club of Calgary. JENNIFER FRIESEN/FOR METRO

in her group.

"I really want to give them a genuine authentic learning experience," she said. "I don't want them to walk away with false ideas about the Caribbean culture."

Recently, Comanescu performed with the masquerade band known as the "Psychotic Mass" at Cariwest in Edmonton. Comanescu and her group swept up first-place prizes in what she calls "one big cos-

tume competition," winning the King and Queen competition and the mask of the masses.

"Dance is a very big vehicle in showcasing what the designers have designed and the spirit of the costumes," she said.

Comanescu said one of the best parts of her job is being able to choreograph routines for DPACC and others.

"It is fun to create a picture, create a dreamscape for

the audience," she said. "It is totally fulfilling for me."

If you want to be a part of one of Comanescu's routines, you can do so by taking one of her classes. She teaches dance-hall on Mondays at Pulse Studios from 8:30 p.m. to 9:30 p.m. and SoCa on Tuesdays at DJD from 8 p.m. to 9 p.m.

Comanescu, as well as DPACC, will be performing Aug. 22 at Carifest Calgary at Shaw Millennium Park.

KINGS'
CHRISTIAN CENTREJOIN US EVERY SUNDAY
AT 10AM

1. Do you have questions about life after death?
2. Do you question why you should go to church in this day and age?
3. Do you want to experience God in a personal way?
4. Do you want to experience the power of prayer?
5. Are you looking for a church where there is a heavy focus on family?

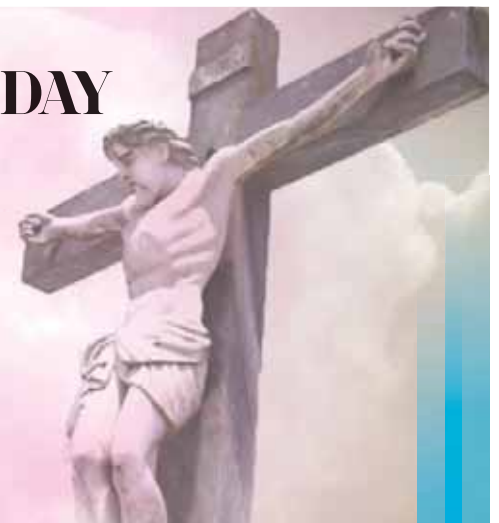
6. Are you looking for a church where there is emphasis on children, teenagers and/or young adults?
7. Are you looking for a church family where you can experience God's love?
8. Are you yearning for a deeper walk with God?
9. Is making authentic friendships important to you?
10. Is a deep expositional bible teaching important to you?

If you answer YES to any of these questions, then, Kings' Christian Center (KCC) is a Holy Spirit centred church that exists with you in mind.

Learn more about us at
KCCCalgary.com

For inquiries, please call
403.273.3600

Scenic Acres
Community Centre
8825 Scurfield Drive NW





The Suburban Moms rocked out to a full house Saturday at the Ship and Anchor. From left: Julia Borden, Isobelle Davidson, Maya Roddick and Ocean Cornthwaite.

LUCIE EDWARDSON/METRO

Rock Camp inspires girls' creative side

YOUNG STARLETS

City program focuses on inclusive philosophy



Lucie Edwardson
Metro | Calgary

They only met five days earlier, but on Saturday, participants in Girls Rock Camp Calgary showed the wall-to-wall crowd at the Ship and Anchor Pub what true rock stars look like.

For the third year, Calgary girls between the ages of 12 and 17 were able to attend a camp centered around being female in the music industry.

Over five days, they learned about song writing, how to promote their bands and studied women in pop culture.

But, from talking to the girls, it was clear the lessons go much deeper than that.

"It is a lot about empowering women and being a community," said 13-year-old Kendall Scully. "There is also so much feminism rooted into it, which is so great, and we just jam out and hangout with our friends."

Twelve-year-old Sophia Roddick said the camp taught her

a lot about being in the music industry but also to accept people for who they are and what they like to do.

"We talked about just letting people do what makes them happy because at the end of the day if they like what they are doing that is all that matters," she said.

Camp founder Nicola Lefevre and staff members Miesha Louie and Robyn Pape said they were so proud of the girls and what they had accomplished during the week that they were close to tears before their performances Saturday.

"I feel like my heart is going to explode, it is so amazing," said Pape.

Lefevre said the key to success at the camp is their "all-in-it-together" philosophy, and focusing on kindness and respect.

"Now we have a group of 11 girls that know that message and feel passionate about it," she said. "They are going to go tell other girls and I think that is how you end up making cultural change."

"It has been inspiring," said Louie. "I can't believe how receptive and insightful these girls have been all week."

The women said they are planning a spring break camp as well as workshops throughout the year.

CITY ART PROJECT

Revamped utility boxes boost communities



Jeremy Simes
For Metro | Calgary

Many decrepit utility boxes sprinkled across Calgary will soon receive a splash of colour.

As part of the city's Utility Box Program, the community of Southwood chose Bram Timmer to revamp its utility box at Elbow Drive and Southampton Drive SW.

Timmer said he will wrap his art piece around the box using vinyl.

The concept has yet to be determined, as he and Southwood community members must agree on the image.

But after Timmer met with community members, discussions between the two parties have been smooth sailing, said Southwood Community Association President Vivien Jonathan. Timmer said his concept will

bridge contemporary art characteristics with traditional methods, essentially creating a sense of belonging for Southwood's old and young.

Consequently, bridging generation gaps through art tends to be a challenge, Timmer said.

"The main challenge is how to do that without having your art only focussing on the past or only focussing on the future."

However, Timmer said engaging with community mem-

bers almost always relieves the artistic tension.

As it turns out, the community seems to be largely receptive to his ideas, Jonathan said.

"Bram was just great," she said. "He was very sensitive to what we've done and what we would like to do going forward."

Once the project is complete by Sept. 30, Jonathan said she hopes Southwood community members see themselves portrayed through Timmer's art.

TOP DOLLAR FOR TRADES! YES WE CAN FINANCE EVERYONE! 100% FINANCING AVAILABLE!

MASSIVE HAIR SALE

OVER 1000 UNITS TO CHOOSE

AUG 1 - AUG 31, 2015

TRADE IN TRADE UP

SUMMER CLEARANCE EVENT

ONLY 66 KM

2015 RAM 1500 SPORT CREW CAB 4X4
STK# 11427
5.7L HEMI, AUTO, HEATED & COOLED LEATHER INT, POWER SUNROOF, CLIMATE CONTROLS, NAVIGATION & SPORT HOOD
\$44,888 \$266/BW

2008 DODGE AVENGER SXT
STK# 10454A
2.4L I4, AUTO, SUNROOF, POWER WINDOWS, LOCKS AND MIRRORS, BLUETOOTH, ALLOY WHEELS
\$7,995

2012 VOLKSWAGEN TIGUAN COMFORT AWD
STK# 15505B
2.0L 4CLY, MANUAL, A/C, CRUISE, TILT WHEEL, PWR WINDOWS/LOCKS & MIRRORS, ALLOY WHEELS
\$14,888 OR \$119/BW

2013 RAM 2500 OUTDOORMEN CREW CAB 4X4
STK# 1514100
5.7L HEMI V8, AUTO, PWR WINDOWS/LOCKS & MIRRORS, A/C, CRUISE, TRAILER TOW PKG, ALLOY WHEELS
\$27,888 OR \$192/BW

2010 MAZDA SPEED 3
STK# 10454A
2.3L I4 TURBO, 6 SP MANUAL, NAVIGATION, POWER WINDOWS, LOCKS AND MIRRORS, BLUETOOTH, ALLOY WHEELS
\$15,888

2013 RAM 2500 SLT OUTDOORMEN CREW CAB 4X4
STK# 10454A
5.7L HEMI TURBO DIESEL, AUTO, POWER WINDOWS/LOCKS & MIRRORS, A/C, CRUISE CONTROL, TRAILER TOW PKG, ALLOY WHEELS
\$36,888 OR \$253/BW

2013 FORD EDGE LIMITED
STK# 10454A
3.5L V6, 6 SPEED AUTO, PANORAMA ROOF, LEATHER INT, POWER WINDOWS, LOCKS AND MIRRORS, BLUETOOTH, ALLOY WHEELS
\$24,888

FOR MORE DETAILS CALL THE HAIR HOT LINE 403-266-1920

RENFREW 80 Years
YOUR DOWNTOWN CHRYSLER CONNECTION

RENFREWCHRYSLER.COM
1.888.861.7964
1920 PUMPHOUSE RD SW

Pricing does not include GST. Vehicles may not be exactly as shown. 30 Down, 5.99% interest rate, OAC. Qualifications 2014 & 2015 - 96 mths, 2012 & 2013 - 84 mths, 2010 & 2011 - 72 mths, 2007 to 2009 - 60 mths, 2004 to 2006 - 48 mths, 2001 to 2003 - 36 mths. C/B \$671 AND T/O \$1702. See Dealer for details. \$10,000. *\$34 141784A 2011 Grand Caravan, 5.99% for 60mths, C/B \$1784.20, T/O \$13044.20. Monthly payments based on the following eg. \$34 11370 2014 Chrysler 200 LTD C/B \$3377.81, T/O \$34,066.76 at 4.99% for 96 months. OAC

Harper rivals keep spotlight on Duffy

 **ELECTION 2015**

Prime Minister denies parallel to sponsorship scandal

Stephen Harper called any comparison between the Mike Duffy affair and the Liberal sponsorship scandal “absurd” as the Conservative leader faced more questions on Sunday from reporters and attacks from his opponents about the senator.

The Duffy issue stayed in the election campaign spotlight after revelations emerged last week during the senator’s fraud, breach of trust and bribery trial.

Harper was reminded Sunday by a reporter how he wouldn’t accept claims years ago that former Liberal prime minister Jean Chrétien and then-finance minister Paul Martin knew nothing about the sponsorship scandal in the 1990s.

The Tory leader was then asked to explain the difference between that situation and the Duffy affair, which Harper has insisted he knew nothing about.

“Look, in the Liberal spon-



Liberal Leader Justin Trudeau, right, greets NDP Leader Thomas Mulcair during a campaign stop at the annual Pride Parade in Montreal on Sunday.

GRAHAM HUGHES/THE CANADIAN PRESS

sorship scandal \$40 million of Canadian taxpayers’ (money) disappeared,” Harper said.

“So, I think the comparison is absurd.

“This case we have a senator whose expenses, in our judgment, were not justifiable and

my response was that he should pay those expenses back.”

Harper’s rivals sought to keep the Duffy issue alive on Sunday as the campaign entered its third week.

Liberal Leader Justin Trudeau sent an open letter to Harper, de-

manding explanations to alleged contradictions and inconsistencies in his statements, and those of some of his cabinet ministers.

In the letter, Trudeau also called on Harper to fire members of his team who were allegedly involved in a Duffy coverup.



On Oct. 19, Canadians will get a chance to fire that person responsible for the whole mess — and that is Stephen Harper.

Thomas Mulcair

“Mr. Harper continues to ignore the calls for answering questions, for explaining why he keeps these people who have been involved in part of a cover-up to hide the truth from Canadians — why he continues to keep them around him, indeed, running his campaign,” Trudeau told reporters in Montreal, where he attended a Pride event.

Last week, Harper said the “vast majority” of his staff were unaware of a scheme to fake Duffy’s personal repayment of Senate expenses. The statement marked a shift from Harper’s previous position that only one person was aware.

One of the people informed about the plan by Harper’s then-chief of staff, Nigel Wright, to repay Duffy’s expenses was Ray Novak, Harper’s current chief of staff, close confidant and a senior Conservative Party campaign director.

New Democrat Leader Thom-

as Mulcair was asked Sunday whether some of Harper’s staffers should lose their jobs over the Duffy scheme.

“Well, I think somebody should be fired for the whole Duffy-Wright affair,” Mulcair said in Montreal, where he also attended the Pride event.

“On Oct. 19, Canadians will get a chance to fire that person responsible for that whole mess — and that is Stephen Harper.”

THE CANADIAN PRESS



PM Stephen Harper SEAN KILPATRICK/THE CANADIAN PRESS

SIMMONS MATTRESS GALLERY



TURN ANY
ROOM INTO A

*Guest
room*



7145 11TH ST. SOUTH EAST CALGARY

| 403.319.0099

| AGOODNIGHTSLEEP.COM

FOLLOW US!



**SPECIAL
PRICE**
EXCLUSIVELY AT
SIMMONS MATTRESS
GALLERY

SIMMONS
MATTRESS GALLERY

SLEEP CHEST CABINET

A SOPHISTICATED BED IN A VERY SMALL PACKAGE... USE IT IN YOUR HOME OFFICE, SEWING ROOM, LIVING ROOM – IT DOESN'T MATTER WHERE YOU PUT IT. IT WILL SQUEEZE INTO ANY TIGHT SPACE AND LOOKS FANTASTIC !



Osama Hamdan, a top representative of Hamas in Lebanon, speaks during a protest in Gaza City.

THE ASSOCIATED PRESS FILE

Hezbollah, Hamas reps in Lebanon condemn ISIL

MIDDLE EAST

Parties want to fight terrorism with Canada, get off blacklist

Two political parties in the Middle East designated as terror groups by Canada predict the Islamic State movement won't survive and question why they're black-listed when co-operation could defeat the common enemy.

Representatives of both Hezbollah and Hamas in Lebanon have separately condemned ISIL in rare meetings with The Canadian Press.

Prime Minister Stephen Harper has denounced the jihadist militants, a position he has used to buttress Canada's involvement in the U.S.-led coalition conducting airstrikes in Iraq and Syria.

National security is a leading issue in the Oct. 19 federal election.

ISIL is "not accepted" by most Muslims represented by Hamas, said its boss in Lebanon, Osama

Hamdan.

"In Gaza, we do have the resolution to deal harshly and prevent these groups," he said.

A source close to Hezbollah's top leadership said extremist movements "mushroom, but they never last and don't find a place with moderate Sunnis and Shias."

"There will always be radical thinking in the world," said the man, who agreed to speak on anonymity, through a translator.

“

It's possible you could have Canada and the U.S. working with Hezbollah and Hamas against ISIL.

Rami Khouri

"We had called for the largest coalition to fight terrorism. We had also called upon religious scholars in this region to condemn this phenomenon."

A political analyst with the American University of Beirut said the tough talk could signal more shifting alliances.

"It's possible you could have Canada and the U.S. working with Hezbollah and Hamas against ISIL if they're seen as a common threat — which they are," said Rami Khouri, who has 45 years of experience in the region.

"But it's not happening right now. If it did happen, it would be in different political circumstances." THE CANADIAN PRESS

TECHNOLOGY

Experts at odds on Canada's drone rules

Experts say Canada's permissive approach to regulating commercial drones has made it a world leader in the burgeoning field, while others warn that inadequate enforcement of the soaring number of amateur flyers is putting the public at risk.

People have been increasingly taking to the skies now that recreational drones are more affordable than ever.

That upswing in popularity, the lack of public-awareness

campaigns and skimpy enforcement efforts have put the unmanned aircraft on a collision course with their manned counterparts.

A rise in incidents involving recreational drones interfering with planes and helicopters has some calling for Transport Canada to sanction unlawful recreational drone users.

"Public awareness and enforcement is lacking," said Ernie Zeisman, president of a drone

training outfit in the British Columbia Interior. "They need to begin clamping down."

Currently, a recreational pilot operating a drone weighing less than 35 kilograms doesn't require either a licence or a special permit to fly but must follow a list of Transport Canada safety guidelines.

These include stipulations such as staying nine kilometres from an airport, flying below 90 metres and always keeping their

craft within eyesight.

Zeisman said a shortage of resources are mostly to blame for the lack of enforcement.

Commercial drones — officially referred to as unmanned air vehicles, or UAVs — are a different matter, he said.

"Commercial operators very much stick to the regulations and want to be responsible," said Zeisman. "They don't want to lose their licence."

THE CANADIAN PRESS



DRIVERZ AUTO
www.driverzauto.com

SUMMER FESTIVAL OF SAVINGS

LOCATED ACROSS FROM THE CALGARY FARMERS' MARKET.
#7, 625 77 AVENUE S.E.
CALL (403) 764-AUTO (2886)
VISIT DRIVERZAUTO.COM

<p>STK# P10093A</p> <p>2012 BMW 650i</p>  <p>\$65,999 + GST</p>	<p>STK# 010095</p> <p>2014 FORD MUSTANG GT</p>  <p>\$35,990 + GST \$225 Biweekly</p>
<p>STK# P10035</p> <p>2011 SAAB 9-5</p>  <p>\$23,990 + GST \$174 Biweekly</p>	<p>STK# P10056</p> <p>2013 TOYOTA COROLLA</p>  <p>\$13,900 + GST \$85 Biweekly</p>
<p>STK# P10086</p> <p>2014 NISSAN MURANO</p>  <p>\$18,990 + GST \$162 Biweekly</p>	<p>STK# 010086</p> <p>2011 FORD ESCAPE XLT</p>  <p>\$15,490 + GST \$128 Biweekly</p>
<p>STK# 010084</p> <p>2009 LINCOLN MKZ</p>  <p>\$18,990 + GST \$162 Biweekly</p>	<p>STK# 010085</p> <p>2013 JEEP WRANGLER ULT.</p>  <p>\$29,490 + GST \$248 Biweekly</p>



PLEASE READ: All offers OAC. All offers include fees and taxes but exclude GST. Biweekly payments based on term/rate/downpayment. Cost of borrowing example: \$1,352 (stock #B10004). Inventory accurate at time of publication. Vehicles depicted may not be exactly as shown. Conditions may apply. Prior sales not eligible. Limited time offers. See dealer for full details.



Suspect dies as manhunt ends

CALIFORNIA

Alleged killer may have shot himself after confrontation

An 18-day manhunt in the mountainous high desert of central California ended when two deputies opened fire on a man who pulled out a handgun during a confrontation on a rural road, authorities said Sunday.

Benjamin Peter Ashley, 34, was struck by several rounds after he failed to comply with orders to drop the weapon as he walked toward foothills east of Bakersfield on Saturday, Kern County Sheriff Donny Youngblood told The Associated Press.

Ashley may have turned the

weapon on himself after being shot by the deputies, Youngblood said. An autopsy planned for Monday will determine the cause of death.

"He either died from his injuries, or he shot himself and died. It's hard to confirm at this point," Youngblood said.

Three other weapons, including a pair of .44-calibre handguns, were found on Ashley's person and in a backpack he was carrying, the sheriff said.

The confrontation came after the owner of a rural convenience store reported a man matching Ashley's description had come in and bought about \$100 worth of junk food.

Dozens of deputies and officers from various agencies had been searching in remote terrain about 50 kilometres east of Bakersfield for Ashley, who was described as a homeless man. He is suspected of killing a retired dentist, taking three men hostage and wounding two deputies.

Youngblood said detectives were searching for a motive, "but why he did what he did may never be known."

THE ASSOCIATED PRESS



Kern County Sheriff Donny Youngblood talks during a recent news conference in Bakersfield, Calif., while showing a photo of Benjamin Peter Ashley. Authorities have identified Ashley who they believe killed a retiree, took people hostage and wounded Kern County sheriff's deputies during a manhunt. THE ASSOCIATED PRESS

Why he did what he did may never be known.

Sheriff Donny Youngblood

PLANE CRASH

Scene was 'a horror'

A small, single-engine plane crashed on to a Long Island railroad crossing Sunday, killing the pilot, injuring a passenger and shutting down service on a branch of the nation's busiest commuter rail line, officials said.

The plane crashed at a railway crossing between the Hicksville and Bethpage stations of the Long Island Rail Road around 7:45 a.m., authorities said.

Residents of a nearby senior living facility said they heard a loud noise and saw the craft on fire. Bystanders ran to the scene but had to get back because of the flames, Charles Terzano told Newsday.

"It just melted," he said. "It was a horror, a real horror."

The name of the pilot was not immediately released. The passenger, identified as Carl Giordano, 55, of New Vernon, New Jersey, had a broken jaw, cuts and bruises, Metropolitan Transportation Authority spokesman Salvatore Arena said.

Giordano was undergoing surgery Sunday afternoon.

The impact left "a pile of metal that was burning," said

Hicksville Fire Department First Assistant Chief Richard Diaz. One of the wings had been torn off, and the other mangled with the body of the plane, Diaz said.

The Federal Aviation Administration said the Hawker Beechcraft BE35 had departed from Francis Gabreski Airport in Westhampton Beach. The pilot reported an issue and

was trying to get to Republic Airport in Farmingdale at the time of the crash, according to the FAA. The craft crashed about three miles (five kilometres) northwest of Republic.

Arena said LIRR service on the Ronkonkoma branch had been suspended in both directions. He said the bulk of the plane had been removed by Sunday afternoon, and LIRR workers would be cutting away damaged track sections and replacing them. He said it was still unclear what impact the crash would have on Monday's morning commute.

The FAA said the National Transportation Safety Board would determine the cause of the crash.

THE ASSOCIATED PRESS

IN BRIEF

Jamaican narcs execute major pot bust

Jamaican narcotics agents have seized a lot of marijuana found in two shipping containers at wharves in the nation's capital.

In a Sunday statement, Jamaican police say investigators found 10 duffel bags containing over 1,000 pounds of compressed marijuana in a container destined for Suriname.

Another 75 pounds were discovered in a container headed to the Netherlands.

No arrests were made. Jamaica is believed to be the Caribbean's largest producer and exporter of pot.

Plants are grown mostly on the sides of mountains, swampy areas or hidden among other crops.

Drug law amendments earlier this year partially decriminalized the possession of small amounts of pot in Jamaica.

Authorities, however, have not softened their stance on transnational drug trafficking or cultivation of illegal marijuana plots.

THE ASSOCIATED PRESS



EDUCATION THAT GETS YOU HIRED!



HEALTH CARE
AIDE

MEDICAL OFFICE
ASSISTANT & UNIT CLERK

PHARMACY
ASSISTANT

NAIL
TECHNICIAN

HAIRSTYLING

ESTHETICS

MASSAGE
THERAPY

MAKE UP
TECHNICIAN

- Government funding and scholarships available
- Career-focused training programs tailored to the demands of the marketplace.
- Flexible class timings
- Quality hands-on education

and More!

HELPING YOUR CAREER
MOVE FORWARD

403-719-4300

www.abmcollege.com
3880-29 St. NE, Calgary AB



Parker Brooks, left, Jim Jobling and James Duff, archeologists for the CSS Georgia project, examine a piece of casemate, made of railroad ties and timber, which acted as the CSS Georgia's outer armour. BLAKE MIDNIGHT/US NAVY/THE ASSOCIATED PRESS

Divers raise Confederate shipwreck

SAVANNAH RIVER

Vessel is an example of the first armoured warships

After 150 years at the bottom of the Savannah River, the armoured skeleton of the Confederate warship CSS Georgia is being raised to the surface one five-ton chunk at a time.

Navy divers who began working in late June to recover cannons, unexploded shells and other artifacts from the riverbed finally started midweek on their last major task: Retrieving an estimated 113,400 kilograms of the Civil War ironclad's armoured siding.

The CSS Georgia was scuttled by its own crew to prevent Gen. William T. Sherman from capturing the massive gunship when his Union troops took Savannah in December 1864 from forces supporting the secessionist Confederacy of pro-slavery southern states. Still classified as a captured enemy vessel by the Navy, the remains of the Confederate ironclad are being salvaged as part of a \$703 million deepening of the Savannah harbour for cargo ships.

"The historical significance

is evident in everything we do," Chief Warrant Officer Jason Potts, the Navy's on-scene commander, said Wednesday as his crew prepared to start raising the first of three giant slabs of armour.

The CSS Georgia was a crude example of the first armoured warships designed during the Civil War to stand up to cannon and artillery fire. Its 1,200-ton frame was built using three layers of timber topped with 7.2-metre strips of railroad iron.

Having sections of the Georgia's armour for study should reveal more about how the Confederacy compensated for the

66

A lot of these ironclads are built by house carpenters, they're not built by shipwrights.

Jeff Seymour

South's lack of an industrial base when it came to building ships and other war machines.

"A lot of these ironclads are built by house carpenters, they're not built by shipwrights," said Jeff Seymour, historian and curator

for the National Civil War Naval Museum in Columbus. "So what are the construction techniques? They vary from ship to ship."

The Georgia proved so bulky its own engines were too weak to propel it against the Savannah River's currents. The Confederates anchored the ironclad off Old Fort Jackson as a floating gun battery. It was sunk without ever firing a shot in combat.

THE ASSOCIATED PRESS

KANSAS CITY

White supremacist's murder trial to begin

A capital murder trial will begin this week for a Missouri man who claims he was morally obligated to kill three people last year outside two suburban Kansas City Jewish sites.

Frazier Glenn Miller Jr., a 74-year-old avowed white supremacist, has publicly acknowledged firing the shots that killed 69-year-old William Corporon; his 14-year-old grandson, Reat Griffin Underwood; and 53-year-old Terri

LaManno on April 13, 2014, in Johnson County, Kansas. He said he was trying to target Jewish people; he didn't know that none of the victims was Jewish.

Attorneys expect jury selection, which starts Monday, to take a week and the rest of the trial to last three to four weeks, court administrator Katherine Stocks said.

Already, the pre-trial hearings for Miller have been event-

ful, with a judge warning that Miller's frequent outbursts could result in a mistrial if they happen in front of jurors.

Facing a possible death sentence, Miller fired his three court-appointed attorneys in May because he said he didn't trust them and wanted to speak for himself. Johnson County Judge Thomas Kelly Ryan allowed it, but ordered those lawyers to be standby counsel in case Miller is re-

moved from the courtroom. During several lengthy hearings since, Miller has interrupted the judge and made disparaging comments about the court or prosecutors.

The judge also rejected Miller's "compelling necessity" defence, in which the Aurora, Mo., man planned to argue that Jewish people were taking over the country and it was his moral duty to stop it.

THE ASSOCIATED PRESS

ONE OF CALGARY'S LARGEST VOLUME TOYOTA CERTIFIED USED VEHICLE DEALERS

STAMPEDE TOYOTA
PRE-OWNED SUPERSTORE

FINANCING FROM 1.9%

2TOYOTA.COM

<p>2011 TOYOTA TUNDRA DBL SR5 4.6L</p> <p>NICE CLEAN TRUCK!!! ONLY 93,000KM'S</p> <p>STK 6557A</p> <p>WAS \$28,000</p> <p>NOW JUST \$23,000</p> <p>6 TO CHOOSE FROM!</p>	<p>2013 TOYOTA 4RUNNER LIMITED</p> <p>LOADED W/NAVI, 7 PASSENGER!!! ONLY 31,000KM'S</p> <p>STK 6575A</p> <p>WAS \$49,000</p> <p>NOW JUST \$43,000</p> <p>4 TO CHOOSE FROM!</p>	<p>2012 TOYOTA 4RUNNER LIMITED</p> <p>LOADED W/NAVI, 7 PASSENGER!!! ONLY 69,000KM'S</p> <p>STK 6574A</p> <p>WAS \$44,000</p> <p>NOW JUST \$39,000</p> <p>4 TO CHOOSE FROM!</p>	<p>2012 TOYOTA 4RUNNER LIMITED</p> <p>LOADED W/NAVI, 7 PASSENGER!!! ONLY 61,000KM'S</p> <p>STK 6574A</p> <p>WAS \$45,000</p> <p>NOW JUST \$42,000</p> <p>4 TO CHOOSE FROM!</p>
<p>2011 TOYOTA TUNDRA SR5 5.7L CREWMAX</p> <p>NICE CLEAN TRUCK!!! ONLY 71,000KM'S</p> <p>STK 6552A</p> <p>WAS \$34,000</p> <p>NOW JUST \$28,000</p> <p>6 TO CHOOSE FROM!</p>	<p>2013 TOYOTA COROLLA CE</p> <p>NICE CLEAN CAR!!! ONLY 46,000KM'S</p> <p>STK 6598A</p> <p>WAS \$17,000</p> <p>NOW JUST \$13,000</p> <p>9 TO CHOOSE FROM!</p>	<p>2006 TOYOTA YARIS</p> <p>AUTO, NICE CLEAN CAR!!! ONLY 79,000KM'S</p> <p>STK 6501B</p> <p>WAS \$10,000</p> <p>NOW JUST \$7,000</p> <p>4 TO CHOOSE FROM!</p>	<p>2007 SATURN VUE</p> <p>FWD, SUNROOF!! LOW MILEAGE ONLY 82,000KM'S</p> <p>STK 6474B</p> <p>WAS \$12,000</p> <p>NOW JUST \$10,000</p>

MANAGER'S WEEKLY SPECIALS

<p>2013 NISSAN NV2500 V6</p> <p>RARE CAR!! HIGH ROOF ONLY 73,000KM'S</p> <p>STK 6221A</p> <p>WAS \$34,000</p> <p>NOW JUST \$30,000</p>	<p>2011 LEXUS RX350 TOURING</p> <p>LOADED W/ NAVIGATION!!! ONLY 87,000KM'S</p> <p>STK 6583A</p> <p>WAS \$35,000</p> <p>NOW JUST \$31,000</p> <p>5 TO CHOOSE FROM!</p>	<p>2011 LEXUS RX350 ULTRA PREMIUM</p> <p>LOADED W/ NAVIGATION & WOODGRAIN!!! 94,000KM'S</p> <p>STK 6570A</p> <p>WAS \$33,000</p> <p>NOW JUST \$30,000</p> <p>5 TO CHOOSE FROM!</p>	<p>2011 LEXUS ISF SERIES 2</p> <p>LOW MILEAGE!!! LOADED W/ NAV AND ML STEREO!!! ONLY 34,000KM'S</p> <p>STK 606A</p> <p>WAS \$51,000</p> <p>NOW JUST \$49,000</p>
--	---	--	--

STAMPEDE TOYOTA

SALES HOTLINE 403.291.2111

DEERFOOT TRAIL

TRANS CANADA

60 SECONDS

GET PRE-APPROVED IN

STAMPEDEAPPROVED.COM

WE'RE SERIOUS ABOUT EARNING YOUR BUSINESS AND WE'LL PROVE IT

PRESIDENTIAL CAMPAIGN

Trump targets Mexicans in policy

The U.S. presidential campaign of Donald Trump has entered a new phase: that of releasing a few policy specifics spelling out how he'd govern.

In an indication the reality star-businessman intends his presidential run to be more than a mere celebrity stunt, he's hired staff in early primary states and he released his first platform paper Sunday.

The eight-page paper on immigration threatens the Mexican government, the business community and millions of families living in the U.S. under uncertain legal status.

One section explains how he would build a multibillion-dollar wall across the southern border of the U.S. and get the Mexican government to pay for it.

Trump says he'd apply financial pressure until the Mexicans pay up. He says he'd impound cross-border remittance payments linked to illegal wages; hike fees for work visas for Mexican CEOs and diplomats; and increase fees for border-crossing cards and NAFTA worker visas from Mexico.

He would triple the number of U.S. immigration officers; end job visas for foreign students; defund so-called sanctuary cities that shelter undocumented migrants; detain and deport undocumented migrants; suspend the granting of green cards until more unemployed Americans enter the work force; and end automatic citizenship for babies born in the U.S.

Trump has also said he'd undo President Barack Obama's executive orders, including one that granted residency rights to the children of people who entered the U.S. illegally.

Those actions would affect millions of people.

THE ASSOCIATED PRESS

Rescuers scour remote Papua for downed plane

INDONESIA

Local villagers report seeing aircraft crash into mountain

An airliner carrying 54 people went missing Sunday during a short flight in bad weather in Indonesia's mountainous easternmost province of Papua, and rescuers were heading to an area where villagers reported seeing a plane crash into a mountain, officials said.

The Trigana Air Service plane was flying from Papua's provincial capital, Jayapura, to the Papua city of Oksibil when it lost contact with Oksibil's airport, said Transportation Ministry spokesman Julius Barata. There was no indication that the pilot had made a distress call, he said.

The ATR42-300 twin turbo-prop plane was carrying 49 passengers and five crew members on the scheduled 42-minute journey, Barata said. Five children, including two infants, were among the passengers.

Local media reports said all the passengers are Indonesians. The airline did not immediately release a passenger manifest.

Oksibil, which is about 280 kilometres south of Jayapura, was experiencing heavy rain, strong winds and fog when the plane lost contact with the airport minutes before it was



Relatives of passengers on the missing Trigana Air Service flight stand in front of its closed offices at Sentani airport in Jayapura, on Sunday, showing concern about the unaccounted-for twin turboprop plane carrying 49 passengers and five crew members. THE ASSOCIATED PRESS

scheduled to land, said Susanto, the head of Papua's search-and-rescue agency.

Residents of Okbape village in Papua's Bintang district told local police that they saw a plane flying low before crashing into a mountain, said Susanto, who, like many Indonesians goes by one name. He said about 150

rescuers were heading to the remote area, which is known for its dense forest and steep cliffs, and would begin searching for the plane early Monday.

Okbape is about 24 kilometres west of Oksibil.

At a news conference Sunday night at the transport ministry in Jakarta, officials said they would not have any details on the villagers' report until rescuers reach the area.

Much of Papua is covered with impenetrable jungles and mountains. Some planes that have crashed there in the past have never been found.

Dudi Sudibyo, an aviation analyst, said that Papua is a particularly dangerous place to fly because of its mountainous terrain and rapidly changing weather patterns.

"I can say that a pilot who is capable of flying there will be able to fly an aircraft in any part of the world," he said.

Indonesia has had its share of airline woes in recent years. The sprawling archipelago nation of 250 million people and some 17,000 islands is one of Asia's most rapidly expanding airline markets, but is struggling to provide enough quali-

+ UPDATE

Rescue officials said late Sunday that a search plane had spotted the wreckage. There was no word at press time regarding any survivors.

Officials said the wreckage was spotted 12 kilometres from its destination.

fied pilots, mechanics, air traffic controllers and updated airport technology to ensure safety.

THE ASSOCIATED PRESS



A pilot who is capable of flying (in Papua) will be able to fly an aircraft in any part of the world.

Dudi Sudibyo, aviation analyst, on the danger of flying in the turbulent, mountainous region

IN BRIEF

Former NAACP leader and civil rights activist dies at 75

Julian Bond, a civil rights activist and longtime board chairman of the NAACP, has died. He was 75.

The Southern Poverty Law Center says Bond died Saturday night in Fort Walton Beach, Fla., after a brief illness. Bond was considered a symbol and icon of the 1960s civil rights movement. He was on the front lines of protests that led to the landmark civil rights laws in the U.S.

THE ASSOCIATED PRESS

Sixty same-sex couples say 'I do' in Puerto Rico

More than 60 couples from around the region have gathered in Puerto Rico's capital to exchange vows at a same-sex marriage ceremony.

The Sunday ceremony in San Juan's colonial district is taking the couples through the traditional marriage vows following the landmark U.S. Supreme Court ruling requiring every state to recognize same-sex marriages.

THE ASSOCIATED PRESS

CHINA

Lethal sodium cyanide in Tianjin blasts

Authorities pulled more bodies from a massive blast site at China's Tianjin port, pushing the death toll to 112 on Sunday as teams rushed to clear dangerous chemicals and prosecutors prepared an investigation into those responsible for the disaster.

More than 700 people were injured and 95 people — including dozens of firefighters — are missing after a fire and rapid succession of blasts late Wednesday hit a warehouse for hazardous chemicals in a mostly industrial area of Tianjin, 120 kilometres east of Beijing.



The Tianjin explosions are among the deadliest industrial accidents in China. CHINATOPIX VIA THE ASSOCIATED PRESS

By Sunday, authorities confirmed there were "several hundred" tonnes of the toxic chem-

ical sodium cyanide on the site at the time of the blasts, although they said there have not been

any substantial leaks.

Sodium cyanide is a toxic chemical that can form a flammable gas upon contact with water, and several hundred tonnes would be a clear violation of rules cited by state media that the warehouse could store no more than 10 tonnes at a time.

Tianjin officials have ordered a citywide check on any potential safety risks and violation of fire rules, mandating suspension of operations for factories that cannot immediately comply with safety rules.

THE ASSOCIATED PRESS



BRAZIL CITIZENS STAND UP IN PROTEST A protester hoists an inflatable doll to represent Brazil's President Dilma Rousseff near a sign that reads, in Portuguese, "The Workers' Party will not steal my dream" in front of the Brazilian National Congress, in Brasília, Sunday. Demonstrators took to the streets across Brazil for a day of nationwide anti-government protests.

ERALDO PERES/THE ASSOCIATED PRESS

Iraqi cabinet downsized

POLITICS

Government responds to pressure from people, cleric

Iraq's Prime Minister Haider al-Abadi on Sunday ordered his cabinet reduced from 33 members to just 22, consolidating the body as part of a major reform push in response to mass protests against corruption and poor governance.

The decision, announced by his office, would eliminate four ministries, including those of human rights and women's affairs, and consolidate others.

The move follows a far-reaching reform plan approved by parliament last week that eliminated the country's three vice presidencies and three deputy prime ministers, as well as reducing the budget for the personal bodyguards of senior officials

and transferring it to the interior and defence ministries.

Iraqis have held massive protests in recent weeks against corruption and poor government services, focusing in particular on power outages that have made a recent heat wave even more unbearable.

Iraq's top Shiite cleric, Grand Ayatollah Ali al-Sistani, has lent his support to demands for reform, and parliament unanimously approved the wider reform plan last week in a dramatic show of unity for a country riven with sectarian and political rivalries.

Those reforms dismantled much of the top-heavy government erected in the years after the 2003 U.S.-led invasion that toppled Saddam Hussein. The three vice presidencies were intended to give equal representation to the country's Shiite majority and Sunni and Kurdish minorities.

THE ASSOCIATED PRESS

Tc TOWN & COUNTRY
MOTOR HOTEL 1825 50th St. S.E

JOIN US FOR LIVE MUSIC EVENTS

AUG 4 KISS PRODUCTION KARAOKE NIGHT 8 PM - 12AM
PYRAMIDS LOUNGE

AUG 7 ROGER WEST 9:30 PM
COUNTY LINE

AUG 8 DC TOP 8:00 PM
PYRAMIDS LOUNGE

AUG 8 ROGER WEST 9:30PM
COUNTY LINE

AUG 11 LORI KOLE 8:00PM
PYRAMIDS LOUNGE

AUG 14 LORI KOLE 9:30PM
COUNTY LINE

AUG 15 LORI KOLE 9:30PM
COUNTY LINE

SERVING REAL COWBOYS SINCE 1971

**2D DRAFTING & DESIGN AND
3D MODELING & DESIGN**
BE CAREER READY in only 6 weeks



- Learn Autodesk® AutoCAD® & Inventor®
- Highly In-Demand 2-D & 3-D Quality Platform
- Flexible Evening & Weekend Classes
- Small Class Size, One-to-One Attention

PROCESS PIPING DRAFTING
BE CAREER READY in only 42 weeks

- Alberta Government licensed program
- 100% Job Placement
- Work placement practicums
- Flexible morning, evening, and weekend classes
- Funding and Employment Services Available



ENROLL NOW! 403.457.6400

Evergreen College
Preparing Professionals for the Real World

OUR OTHER PROGRAMS

- Hospitality Management
- Health Care Aide
- Unit Clerk & Medical Office Administrator
- Community Service Worker
- Computer System and Network Specialist
- Pharmacy Assistant
- Oil & Gas Administration
- Legal Assistant
- Computerized Accounting and Payroll

1-3516 26th Street NE | evergreencollege.ca

CALGARY • TORONTO • MISSISSAUGA • BRAMPTON • SCARBOROUGH • MARKHAM

IN BRIEF**GlaxoSmithKline set to reopen bacteria-hit plant**

Drugmaker GlaxoSmithKline plans to resume operations on Monday at a North Carolina plant that closed Aug. 11 after bacteria that cause Legionnaires' disease was found in cooling towers. About 400 employees were told to stay away until the towers were cleaned.

THE ASSOCIATED PRESS

China moving to more sustainable growth: IMF

The International Monetary Fund says that so far, China is successfully managing a transition to slower but more stable growth. It predicted the Chinese economy will grow 6.8 per cent this year after registering 7.4 per cent last year. The IMF sees the deceleration as part of a deliberate plan to wean China from overdependence on exports.

THE ASSOCIATED PRESS

Battle of brewers looms

RETAIL

Canadian beer giants set to fend off push by SABMiller

A beer war is brewing in Canada as SABMiller seeks to grow its presence following its divorce from partner Molson Coors.

Just four months after forming a Canadian subsidiary, the world's second-largest brewer is targeting dominant rivals Molson Coors and Inbev's Labatt.

"To say that we're going to overtake the two big boys would be a bit of stretch so I would be happy to settle in at No. 3," said general manager Paul Verdu.

To get there, SABMiller Canada hopes Miller Lite — available in Ontario and Newfoundland until 2010 — will steal market share from dominant players Coors Light and Bud Light.

Miller Genuine Draft, previously sold for about 20 years through a partnership with Molson Coors Canada, and premium brands such as Peroni, Pilsner Urquell and Grolsch will also be sold in Canada, though primarily outside Quebec.

All of SABMiller's products



Global demand for lower-alcohol products such as Coors Light is growing. THE ASSOCIATED PRESS FILE PHOTO

will be imported from the United States or Europe.

Global demand for light beers has been growing. It accounts for about half of total beer sales in the U.S., but less than 30 per cent in Canada.

Beer market specialist Plato Logic estimates light beers account for 20 per cent of total beer volume and have been growing 2.1 per cent annually over the past five years.

Verdu sees opportunities



I would be happy to settle in at No. 3.

Paul Verdu,
SABMiller general manager

for the "original" light beer — Miller Lite — if only the beer-maker can convince Canadian drinkers to give it a try.

The company plans to spend

heavily to promote its brands and hopes to get help by not charging Ontario bars and restaurants the hefty premium they face from all other brewers except Brick Brewing's Waterloo brand.

The move, which will amount to establishments paying the same amount that consumers fork out at the Beer Store, is an incentive for bars and restaurants to carry more SABMiller brands, says James

Rilett, Ontario vice-president of industry association Restaurants Canada. He said bars and restaurants will save an average of \$10 per case of beer, or almost \$75 million annually.

Verdu said SABMiller is also trying to appeal to Canadian consumers by promoting the taste and features of its products instead of "gimmick marketing" that focuses on lifestyle advertising.

THE CANADIAN PRESS

STAPHA AFRICAN PSYCHIC

Reuniting Loved Ones ·
Stopping Divorce
Removing Bad Spirits ·
Success in Business
Healing Protection

Results Guaranteed
403.802.0367



Adventure! Teach English Overseas

> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: August 22nd - 26th, 2015

Travelodge University Hotel - 2227 Banff Trail NW

www.globaltesol.com

**FINANCE**

Merkel rules out reduction of Greek debt

German Chancellor Angela Merkel says there's no certainty the latest bailout for Greece will succeed but she is hopeful the country can overcome its economic crisis if it adheres to the agreements forged with its creditors.

Merkel also told German

broadcaster ZDF on Sunday that Greece can't expect its debt to be cut.

The International Monetary Fund has insisted that Greece must be given some form of debt relief before it will participate in any new bailout, something Germany wants.

But Merkel said while repayment periods may be extended and interest rates can be tweaked, a so-called debt "haircut" is ruled out.

Dozens of lawmakers in Merkel's conservative bloc plan to oppose the new bailout package for Greece at a special ses-

sion of Parliament.

This past Friday, finance ministers of the 19-nation euro single currency group approved the first 26 billion euros (\$29 billion US) of a vast new bailout package to help rebuild Greece's shattered economy.

THE ASSOCIATED PRESS

A FEW MORE GREAT School Bus Drivers Needed

Ideal part-time job for recent retirees or stay-at-home parents. No weekends, nights or school holidays. (Ask about child ride along). **FREE** training.

Call 403-531-3920 or email
canadajobs@firstgroup.com

www.firststudentinc.ca

An equal opportunity employer
that values diversity.



First Student
Caring for students today, tomorrow, together.

MIRACLES HAPPEN EVERY DAY

In any life threatening situation, specialists at the hospital know that being ready for health emergencies — with the right people, the right training, and the right tools — helps them save lives.



\$2 Million Grand Prize!



Over \$3 Million in Prizes

403.531.CARE (2273) | **HOMELOTTO.COM**

FINAL CUT-OFF: 11PM THURSDAY AUGUST 27, 2015

For full rules and lottery details please visit homelotto.com

Lottery Licence 403409 KinWin 50 Licence 403408

How's the news today?

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel

metro



ROSEMARY WESTWOOD

metroview

Why we resist and deny facts that don't match our beliefs

There are ideas, there are opinions, and there are harder-held beliefs.

And once a person gets hold of a few of these, it sometimes seems, they'll never let them go. As if there's no way to change a mind, and little interest in changing your own.

When I worked at a student newspaper, I had a conservative editor-in-chief. He was the first conservative I'd ever, knowingly, met.

Universities are hotbeds of liberalism, their newspapers among the most overtly political press in the country. He, you can imagine, was an outlier.

And yet we had some of the most interesting debates I've been party to. He made me think more clearly through his questions. He was far less dogmatic than the rest of us, far more curious, far less self-righteous.

Writing a column should be fodder for a good debate. I've considered an issue, tried to figure out what I think, and why. I've tried to prod others to do the same. Making people angry might get clicks, but making people think is surely a better goal.

And yet sometimes I fear it's impossible. I fear we argue, and mistakenly romanticize it as debate.

I'm not sure that anyone who wants to debate my column with me ever really tried to understand me in the first

place. And thus, I'm not sure I care to understand them.

I doubt anyone who likes a column likes it because I made them think differently. I more likely gave words to what they already believed.

What can really change a person's mind? Or can anything?

A 2014 New Yorker piece explored the research behind false beliefs — opinions held despite overwhelming evidence to the contrary — and whether people who hold them can be convinced otherwise. It seems that "If information doesn't square with someone's prior beliefs, he discards the beliefs if they're weak and discards the information if the beliefs are strong."

In other words, if you challenge something I hold dear, I'm far less likely to accept your argument, no matter how irrefutable it may be.

Researchers did find a hopeful loophole: If you make someone feel safe, if you don't appear to fundamentally threaten who they are, they more easily shed false beliefs.

I would add that changing minds — the purpose of debate — is impossible if you value thinking you're right over being right.

So maybe I should be asking for your effort to understand me, if you can muster it. Even on my angriest of days, I'd rather be wrong than ignorant.

POLL: IS BUTTER BETTER?

It's been the conventional wisdom for half a century: Fat is fatal. But McMaster University researchers analyzed dozens of past studies and found no link between saturated fats — the tasty ones found in meats, butter and eggs — and death from heart disease, diabetes or stroke (trans fats are another story). It's the latest in a litany of studies reaching the same conclusion. We asked our readers if they've rethought the fats they feed their families.

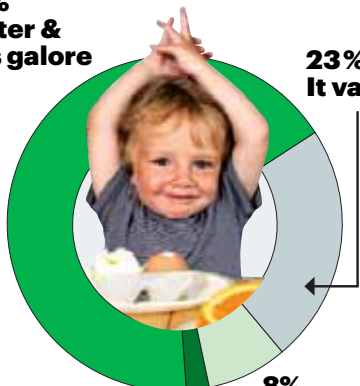
WHAT DID YOU EAT GROWING UP?

67%
Butter & fats galore

23%
It varied

2% Healthy whole foods

8% Margarine & low-fat everything

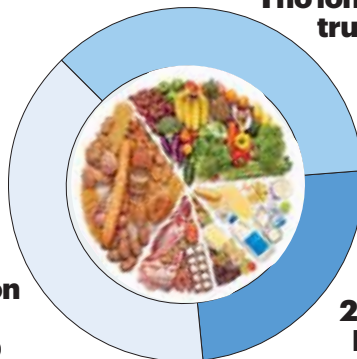


How do you feel about the often changing 'official' dietary advice?

36%
I no longer trust it

40%
I pay attention & try to keep up

24%
I've never cared



Have you changed your approach to fat?

32% I've always eaten saturated fat. Butter forever!

29% I watch my saturated fats more now.

15% I don't think about types of fats.

14% Thanks to research, I've been eating more saturated fat again. Butter is back!

10% I've been following a low-fat diet for life.



990
RESPONDENTS

Answer our poll every Friday at metronews.ca

Keeping the Cecil Hotel would be salt in a wound

KINGKADE'S CALGARY

Roger Kingkade



The Cecil Hotel will be coming down, at long last.

If you've never thought of the Cecil as anything but a stain on this city, you can't be blamed. It's pretty hard to find patrons of the former seedy hell/watering hole who think fondly upon days gone by at the 4th Avenue site.

I don't think you could find a cop who patrolled the area from the late '90s onward who didn't spend some time dealing with trouble at the Cecil. It's hard to find somebody who's pulled himself out of the despair and dysfunction of the Cecil Hotel who now yearns for yesteryears spent in bliss at that joint.

It's also hard to find a

reason to keep the eyesore standing.

The primary argument for saving the building, which is completely derelict and beyond repair, is that Calgary does a horrible job of preserving its history. This may be true, but the Cecil Hotel is not the place to make this argument. Those hoping to make this a hill worth dying on are making one of Calgary's most embarrassing legacies a poster child for heritage preservation. It's also a very painful monument to a problem the city has yet to deal with effectively.

People can't be blamed for pointing out the non-seedy, more illustrious time in the Cecil's history, though they are irrelevant in a modern context. So what if it provided nice lodgings for the working man 80 years ago? Were there not other "clean

bed, hot water, affordable" hotels at the time? So what if the Cecil was one of the first non-discriminating places gay Calgarians could kick back and enjoy a beer? These things were noteworthy, even commendable, at the time. But they don't make the Cecil an iconic structure.

The Cecil should come down for a few reasons, not the least of which is economic. Calgary taxpayers stand to profit off the sale of the site to a developer who would be crazy not to cash in on the East Village fever.

More importantly, maintaining such a monument to violence, addiction, and social depravity sandwiched between the Drop-In & Rehab Centre and the YWCA would be a constant salting of a wound many people in that area are working day by day to heal. Imagine restoring that hotel to its sandstone

glory, only to have thrill-seeking hipsters pay top dollar on date night to sleep in the same place where survival sex workers were once tormented by the violent johns who fed their hand-to-mouth lifestyle. Preservation indeed.

We can preserve history without putting a gilded frame around a hideous stain. The Japanese just remembered the 70th anniversary of the bombings of Hiroshima and Nagasaki. They did it without a painful, commemorative flyover of the Enola Gay. That would have been crass.

The Cecil is crass. It will always be a part of Calgary's history, but it belongs in our memory, not in plain sight.

Roger Kingkade co-hosts the Kingkade and Breakenridge show every weekday morning from 9 a.m. to noon on NewsTalk 770.

metr
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
METRO WESTERN CANADA
Steve Shroot

MANAGING EDITOR CALGARY
Darren Krause

ADVERTISER INQUIRIES
adinfo@metronews.ca
General phone 403-444-0136

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



Backyard fun: Quiet the dilemma

NEIGHBOURS

Complaints escalate the situation, so try having a conversation

Many would consider the sound of kids gleefully playing outdoors a natural soundtrack of the summer.

But one family in Pickering, Ont., located east of Toronto, was told the sound of their kids splashing in their backyard pool was deemed unreasonably disruptive by a neighbour.

On the very first day of summer vacation, Danielle Honsberger said she received a card from the municipality concerning a neighbour's noise complaint. It was later followed by a formal written notice.

"We didn't even know that we had offended anybody, and if they had spoken directly to us, we could have avoided this whole situation," said Honsberger, a mother of three children, aged seven, nine and 11.

"I would have been embarrassed and very respectful and been on the noise right away — but they never gave us that opportunity.

"I am a parent who is very present and very mindful of how we are heard in the community."

Across the country, municipalities are frequently forced to intervene when residents file complaints about noise disrupting their peace and quiet.

In Ottawa, officials say a total of 6,152 noise-related complaints



Honsberger has received two noise complaints regarding her three children, ages 11, nine and seven, for being too loud in their backyard swimming pool. She says they are only home from about 4 to 6 p.m. each night to swim. SABRINA BYRNES/TORONTO STAR

were filed to the city between the beginning of the year and Aug. 11, with just under half related to loud music and about 1,500 loud shouting.

In 2013, Saskatoon received 1,694 noise complaints and 1,268 complaints specifically about noisy parties.

While statistics were not available, Winnipeg officials said most noise complaints in that city are typically about the roar of construction machinery and neighbours' air conditioners.

Susan Logan, executive director of the non-profit Mediation & Restorative Justice Centre in Ed-

monton, said neighbour disputes represent the largest percentage of their caseload.

Issues arise all year long, from complaints over placing snow on a neighbour's lawn — or simply not shovelling — to overgrown trees, she said.

Complainants are encouraged to approach their neighbour about their annoyances rather than leaving the task to an outsider.

"If you got a letter in the mail that said: 'One of your neighbours has an issue and would you like to call us so that we can talk about it,' you're going

to be defensive right (from) the beginning," Logan said.

"We're trying as much as possible to set a stage from the very beginning that's a stage of collaboration."

Eva Malisius, program head of conflict analysis and management programs at Royal Roads University in Victoria, B.C. said the first step towards resolving a dispute over noise should involve telling a neighbour directly how they've been affected by the disruption.

"Just having that opportunity to hear the other side, usually, neighbours are very open to that.

If you do file a complaint, that already escalates it," Malisius said.

Failing that, many communities offer mediation services with a neutral third party offering help, she noted. If all of those steps don't lead to success, then a formal complaint can be an option.

Mediators generally don't try to convince either neighbour that they're right or wrong, Logan said. Instead, they focus on having each side reflect on the situation and determine whether they'd like to address the issue further.

"We try to move people from

+ SOUND OFF

Summer bummer

This year, Calgary's Animal and Bylaw Services has received 80 service requests in regards to disturbances where yelling had occurred.

The most common noise complaints received are related to loud music and events. Noise complaints generally increase over the summer months due to increased outdoor activities (such as music events and construction).

THE CANADIAN PRESS

a position on something — so 'You have to cut the tree' — to a position of 'Why would cutting the tree be of value?' And: 'Is there an alternative to cutting the tree?' Logan said.

Kim Thompson, manager of Pickering's bylaw enforcement services, confirmed that an official complaint has been filed about the Honsberger family but wouldn't go into details about the case. She said no charges have been laid.

"In general, if there's a noise complaint during daytime hours, the complainant has to indicate that they can hear the noise when they're inside their house with all the doors and windows shut," Thompson said.

Honsberger said she hasn't heard anything further from the city or the complaining neighbour, and maintains that the family have and will continue to use their backyard in a "respectful manner." THE CANADIAN PRESS

At our campus, we know our students by name.

At Robertson College, our goal is to help each of our students find success. From finding the right program to working out a financial plan and helping you find employment after graduation, we offer assistance every step of the way.

Programs in Health Care, Business & IT are available on campus or online. Call 587.794.4476 or visit robertsoncollege.com to get started!



**ROBERTSON
COLLEGE**



UBREW co-founders Wilf Horsfall, left, and Matthew Denham salute the home brew trend in England; closer to home, there are plenty of ways to make your own pint of beer. GETTY IMAGES

Hops to it: Brew your own to save

FRUGAL FERMENTATION

Why craft beer at home? It's cheaper than bottled water

Kyle Prevost
youngandthrifty.ca



I have often said that if beer is an acquired taste, then you might as well acquire a taste for cheap beer.

Many brew aficionados would disagree with my assessment of adult beverage choice, claiming instead that something as precious as a lager, stout or ale should be savoured as a delicacy and that intense scrutiny should accompany every sudsy indulgence.

Luckily there is a solution that can satisfy both my quest for fermented frugality and the pristine palate of beer connoisseurs: brewing your own hops-filled masterpiece.

A five-gallon beer kit can be purchased for about \$30, depending on the recipe you want to brew. Add another \$10 for yeast and bottle caps, and the input costs will run you around

\$40. Five gallons is roughly equivalent to fifty-three bottles of beer. This gives us a per-beer cost of about 75 cents — that's cheaper than bottled water!

In much of Canada, even the cheapest discount beers cost \$1.40 per 341 ml serving. The "middle class" of beers such as Labatt Blue or Molson Canadian, often come in around \$1.60. This is of course assuming you're purchasing your poison of choice at a vendor and not in a bar or restaurant — where of course the per-serving cost skyrockets.



If we assume that the average beer-drinking Canadian consumes a 12-pack in an average week, and that they prefer a popular domestic vintage, the weekly cost would be \$19.20 or

just under \$1,000 annually. Self-brewing by comparison could net you the same amount of beer (at a higher alcoholic content if that's what you're into) for \$9 a week, or \$468 over the course of a year. That's an annual savings of roughly \$532 — not counting any drinks you save yourself from purchasing in a bar or club.

There are some initial start-up costs and depending on how fancy you want to get, they can range from 50 bucks to more than \$200. As always, looking around online or checking out some used equipment can save you some hard-earned cash.

Often you can find brewing kits that have barely been taken out of the box when looking online, and as a one-time cost, it's definitely worth it if you use the kit for a couple of years.

There is no telling how much your own time vs. beer crafting enjoyment value ratio will play into our brewing equation. I know some people who love making their own beer so much that they would pay a premium to do so, while others see it as a little hobby that can help them stretch their entertainment budget. Take pride in your brewmaster skills and enjoy one for me this summer, Canada!

More than just a pretty rate.

Nowadays, there's an overwhelming amount of choice available when it comes to investing your money. But you'll only find one place where your money truly gets the respect it deserves. At Oaken, you'll find some of Canada's highest savings rates and your deposits are eligible for CDIC coverage.* So do your homework and invest in the solution that's right for you.

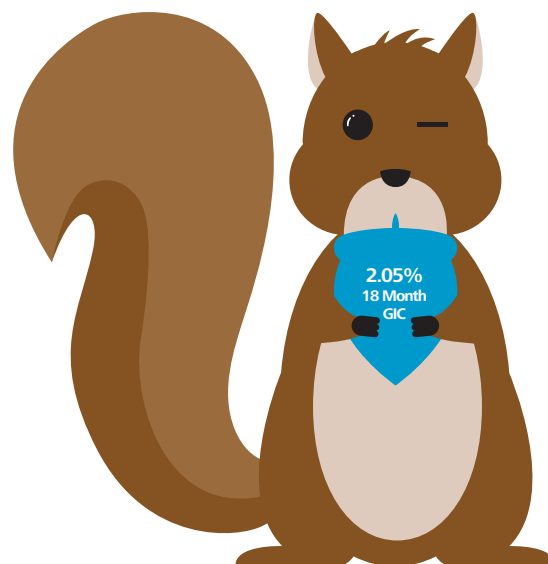
For some of the highest savings rates in Canada, call 403-692-4740 or visit oaken.com

Come visit us at our store, or we can come to you!



Oaken
FINANCIAL

Plant for your future™



Oaken Financial is a trademark of Home Trust, member of CDIC

517 - 10th Ave. SW, Calgary, AB T2R 0A1

[f OakenFinancial](https://www.oakenfinancial.com) [@oakenfinancial](https://twitter.com/oakenfinancial)

Rates are correct as at August 17, 2015, and subject to change. Interest on all GICs is paid annually or compounded annually and paid at maturity, minimum deposit \$1,000, non-redeemable. The Oaken Savings Account rate is annualized, interest is calculated daily and paid monthly. *CDIC coverage up to applicable limits.

Stay calm during work critiques

CONSTRUCTIVE FEEDBACK

Take criticism in stride and you'll likely face less of it

OFFICE RELATIONS

Eleni Deacon



It's hard enough to take a compliment — but taking critiques can verge on intolerable. Even if it's just one so-so remark on an otherwise glittering performance review, less-than-fuzzy words can still sting. Some of us get defensive; some prefer outright denial. These dodges, however, don't help you improve. The purpose of constructive feedback is to steer employees toward better behaviour — so they won't need as much guidance in the future. Want to hear less criticism? Get better at absorbing it.

When you feel burned, it's tempting to scorch back. Argu-



Slow down and ask thoughtful questions to turn feedback into a productive conversation. ISTOCK

ments, eye-rolls, angry silence: These are all common — and understandable — responses to negative commentary. But

while retaliating is satisfying, it won't boost your standing in the eyes of your evaluator. Whether you're being addressed

during a planned meeting or an on-the-fly chat, take a moment before you react. Listen to the criticism — not your pounding

heart or the voices in your head formulating a slew of sarcastic rebuttals. By maintaining neutrality, you demonstrate that you have the maturity to self-assess.



The really tough part: recognizing when a bad grade is deserved.

As you're hearing the case, weigh its accuracy. Is there validity to the claims? This is the really tough part: recognizing when a bad grade is deserved. Rather than simply agreeing with what's being said, request clarification regarding what went wrong and how it can be corrected. Many managers are just as uncomfortable giving unfavourable feedback as those receiving it, and may want to rush the process. But by calming down, slowing down, and asking thoughtful questions, you can both leave

the conversation with concrete ideas for how to move forward.

This doesn't mean you must cheerfully agree when a critique is unfair or untrue. If you believe your low score isn't merited, explain the circumstances but avoid excuses. Acknowledge the bumps in your output — "I agree that project was not as polished as it could have been" — then outline the reasons for your lapse — "At the time I was juggling four clients and had no choice but to prioritize." By recognizing your own slip-ups, you can articulate the backstory without looking like you're trying to skirt blame.

Just as important as accepting pointers: putting them into motion. Post-discussion, prove your receptiveness by proactively targeting your professional weak points. Everyone has areas that need tweaking, and while it may be hard to hear about them, they shouldn't rouse shame. Be gracious during your dialogue, and follow up with prompt, visible action. Then at least when comes to weathering criticism, you'll get an A+.

PLAY TO YOUR STRENGTHS

3 easy steps to job happiness

Here's a fact that will surprise no one who has ever worked in an office: 50 per cent of people are unhappy in their job.

"Workplaces are really good at inducing stress and anxiety and fear and worry," says workplace well-being expert Michelle McQuaid. "They're not so good in bringing out the best in people."

That's why she's launching the global One-Week Strengths Habit Challenge starting Aug. 17. Just follow these three steps and you'll be on your way to kicking butt at your job and loving it.

1 Identify your strengths

When asked to list their top five strengths, most people have no idea what they're good at or what their best qualities are.

Fortunately there are lots of free strength-assessment tools online, such as the VIA Survey (viacharacter.org).

"It only takes 10 minutes, and it identifies your character strengths — so things like curiosity, humour, kindness, gratitude," McQuaid says.

2 Figure out how you already use your strengths

Once you nail down your top strengths, ask yourself how you're already using them.

"Think about the last time you were engaged and energized and enjoying your work," says McQuaid.

"Those are the moments you're using your strengths — that's why we feel good about them. By looking at those moments you can start to identify, 'So that's how my curiosity is being used in this role,' or, 'That's how I use kindness effectively at work.' And as you start to spot those, it becomes possible to think about how you can do a little bit more of that each day."

3 Develop a habit

The final step: Consciously use that strength. Every. Single. Day. McQuaid says that she's very curious, so when she was beginning to feel restless in her role as a global brand director, she decided to utilize her hunger for information by reading one new thing a day when she

first got into the office.

"Ten minutes is perfect to develop a positive habit, because it's excuse-proof — it's nothing. And you don't need anyone's permission — you don't need to change your job description to do it. You just need to be willing to stick with it."

Spending 10 minutes honing your own strengths at work will not only improve your attitude — it might land you a promotion.

"Do more of what you do best each day, and the other people around you can see the potential of what you have to offer as you go about your job," says McQuaid. "And in my experience that starts to open different opportunities for you as time goes by." RAQUEL LANERI/METRO NEW YORK



Smile all work week long by making a simple change. ISTOCK

SEPTEMBER

5 & 6

LABOUR DAY
LONG WEEKEND

FORT CALGARY

750 - 8TH AVENUE SE
CALGARY, ALBERTA

SATURDAY // SEPTEMBER 5

ALEXISONFIRE

TENACIOUS D

MOTHER MOTHER

THE FLAMING LIPS

TOKYO POLICE CLUB

THE RURAL ALBERTA ADVANTAGE

BIG DATA

EAGLES OF DEATH METAL

THE ELWINS

THE ZOLAS

SUNDAY // SEPTEMBER 6

ELLIE GOULDING

HOZIER

BRANDON FLOWERS

TV ON THE RADIO

KONGOS

ST. LUCIA

ROBERT DELONG

K-OS

GAY NINETIES

YOUNG EMPIRES

SINGLE DAY & WEEKEND PASSES ON SALE NOW!

PRODUCED BY: **UNION EVENTS**

PRESENTED BY: **X 92.9**

TICKETS: **XFESTCALGARY.COM** OR **ORIGINAL JOE'S**

IN PARTNERSHIP WITH: **Travel Alberta**

Budweiser

IN BRIEF

Brewers prospect first openly gay active player

A Milwaukee Brewers minor leaguer has become the first openly gay player on a team affiliated with Major League Baseball.

David Denson, with the help of former major leaguer Billy Bean, reached out to the Milwaukee Journal Sentinel to tell his story.

The 20-year-old first baseman plays for the Helena Brewers in the rookie Pioneer League. Bean, MLB's first Ambassador for Inclusion, disclosed he is gay after his playing career.

"Talking with my teammates, they gave me the confidence I needed, coming out to them," Denson told the newspaper. "They said, 'You're still our teammate. You're still our brother. We kind of had an idea, but your sexuality has nothing to do with your ability. You're still a ballplayer at the end of the day. We don't treat you any different. We've got your back.'"

"That was a giant relief for me," he added. "I never wanted to feel like I was forcing it on them. It just happened. The outcome was amazing."

On Sunday, the Brewers lauded Denson as a "highly respected member" of their family and "a very courageous young man."

"Our goal for David is to help develop him into a major league player, just as it is for any player in our system, and we will continue to support him in every way as he chases that dream."

THE ASSOCIATED PRESS

Jays swing past Yankees

MLB

Win pulls team back to within a half-game of AL East lead

Thanks to a little luck and a lot of good pitching, the Toronto Blue Jays staved off a sweep at the hands of the New York Yankees.

Drew Hutchison turned in his second straight strong start, and the top of the lineup made the most of a ball getting lost in the sun as the Blue Jays beat the Yankees 3-1 Sunday afternoon at Rogers Centre.

Toronto cut New York's lead in the American League East back down to a half-game with seven games left between the division rivals.

In 6-2/3 innings, Hutchison allowed just four base-runners on three hits, including a solo home run. The much-maligned right-hander with a 5-plus earned-run average struck out five to become the 14th pitcher in the majors to hit 12 victories this season.

Hutchison got there because the Blue Jays took advantage of their biggest break of the day, when Yankees left-fielder Carlos Beltran lost a fly ball in the sun in the third inning. Troy Tulowitzki ended up on second with what was later scored a double.

An RBI double by Josh Donaldson got the Blue Jays on the board, and a two-run shot by Jose Bautista, his 28th home run of the season, broke open an inning that could've been over.



Blue Jays starting pitcher Drew Hutchison stretches before his first pitch in Toronto on Sunday. Hutchison pitched 6-2/3 innings, fanning five batters and allowing only three hits before leaving the game in the seventh to a standing ovation.

FRED THORNHILL/THE CANADIAN PRESS

SUNDAY In Toronto

3	1
BLUE JAYS	YANKEES

Base-running blunders kept the Blue Jays from doing any more damage, as did Yankees starter Luis Severino, who struck out a career-high nine in his third major-league start.

Hutchison helped the Blue

Jays (65-54) make some more history of their own. He made it the 20th straight game that the starting pitcher allowed three or fewer earned runs, extending a franchise-record set Saturday.

The 24-year-old left to a rousing standing ovation from the sellout crowd of 46,792. Relievers Brett Cecil, Aaron Sanchez and Robert Osuna finished the Yankees (64-52) off to make the Blue Jays 15-3 since making a flurry of trades in late July.

THE CANADIAN PRESS

REMEMBERING 'THE DRIVE OF '85'

Jays pay tribute to first AL East championship team

Even 30 years later, the 1985 Toronto Blue Jays' playoff loss still stings.

The Blue Jays had finally gotten over the hump to capture the American League East with 99 wins. But the Jays ultimately blew a 3-1 ALCS series lead to the

Kansas City Royals to see their title dreams dashed.

The franchise's first division-championship was honoured Sunday at Rogers Centre. "The Drive of '85" got the full pre-game ceremony treatment Sunday afternoon before the Blue Jays faced the New York Yankees.

THE CANADIAN PRESS

ROGERS CUP

Murray edges past Djokovic; Bencic upsets Halep in finals

Andy Murray defeated Novak Djokovic 6-4, 4-6, 6-3 to win the US\$4.1-million Rogers Cup on Sunday, ending an eight-match losing streak to the world's top-ranked player.

Second-seeded Murray posted his fourth tournament victory of the year. He won \$685,200 for claiming the Rogers Cup for a third time after hoisting the trophy in 2009 and 2010. His three wins tie Djokovic, Rafael Nadal and Andre Agassi for second place all-time behind Ivan Lendl's six victories.

The two top seeds split the first two sets in a three-hour match in hot, muggy conditions at Uniprix Stadium. It played out with Murray serving at 3-1 in the third, already up a break.

A ferocious baseline battle went to deuce 10 times and Murray fought off six break points to all but put the match away.

Djokovic had two more break points in the final game, but Murray pounded two service winners and eventually won when Djokovic hit a ground

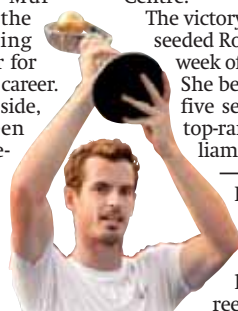
stroke long after a brief rally.

With the win, Murray will take over the world No. 2 ranking from Roger Federer for the third time in his career.

On the women's side, unseeded Swiss teen Belinda Bencic defeated Simona Halep 7-6 (5), 6-7 (4), 3-0 to win the Rogers Cup women's final

Andy Murray

THE CANADIAN PRESS



Sunday afternoon at the Aviva Centre.

The victory over the second-seeded Romanian capped a week of upsets for Bencic. She beat four of the top five seeds — including top-ranked Serena Williams in the semifinal — to claim her first Premier-Five level title.

Bencic earned US\$456,000 for her second career WTA Tour title.

Halep, who was looking for her fourth title of the season, earned \$227,640 as runner-up.

In the men's doubles final, twin brothers Bob and Mike Bryan defeated Daniel Nestor of Toronto and Edouard Roger-Vasselin of France 4-6, 6-3 10-6.

The women's doubles final was scheduled for later Sunday with third-seeded duo Bethanie Mattek-Sands and Lucie Safarova meeting fourth-seeded Caroline Garcia and Katarina Srebotnik.

THE CANADIAN PRESS



Belinda Bencic

FRANK GUNN/THE CANADIAN PRESS

Parapan Am Games about more than medal counts

PARAPAN 2015

Athletic successes inspire youth

Stephanie Dixon remembers returning home from the 2000 Paralympics in Sydney, and being unable to celebrate her successes with anyone.

Nobody knew what Paralympic sport was.

"Here, after having these Parapan American Games in Toronto, I know that none of our athletes will ever have to put their heads down coming home from competition," said Dixon, a former Paralympic swimmer and the assistant chef de mission of Canada's team in Toronto.

"They'll be able to raise their heads up high and be proud of their accomplishments. All of our athletes are being put in a position of being a role model and a hero in our country."

"And that just makes me so proud."

Canada set a target of finishing top-three in medals at the Parapan American Games, that

+ MEDAL COUNT

With the dust settled on the Parapan Am Games, Brazil finished atop the standings with 257 medals, while Canada finished second with 168 medals. Here is how the top five broke down.

Brazil: 109 (G), 74 (S), 74 (B)
Canada: 50 (G) 63 (S) 55 (B)
U.S.: 40 (G) 51 (S) 44 (B)
Mexico: 38 (G) 36 (S) 39 (B)
Colombia: 24 (G) 36 (S) 30 (B)



A collection of athletes watch a fireworks display at City Hall in Toronto during the closing ceremonies.

DARREN CALABRESE/THE CANADIAN PRESS

wrapped up Saturday. Mission accomplished. The team went one better, finishing second with 168 medals — 50 gold, 63 silver and 55 bronze. Brazil finished atop the table with 257 medals (109-74-74), while the United States was third with 135 medals.

But the victory of these Games wasn't just about medals won, but about the fans won over along the way. The victory was in the jam-packed crowd that watched Canada's wheelchair rugby team beat the U.S. for gold, and a similarly large and noisy crowd that cheered on Canada's wheelchair basketball teams, which both came away with silver.

"Who's to say that a young child living with an impairment hasn't been inspired by what they've seen on TV and decided to take up para-sports?" said Craig Spence, communications

director for the International Paralympic Committee. "You'll see next year in Rio a whole host of young British athletes who were inspired by the 2012 London Paralympic Games, and I think you'll see a similar situation here, Canadians who've been inspired by the performances of Aurelie Rivard will be wanting to compete."

"These Games will leave many legacies, but you don't judge them by the end of play tonight, but over the next 10 or 15 years."

These were the largest Parapan Am Games in history, with 1,600 athletes competing.

Canada fielded its largest-ever team of 216 athletes, and the results showed. Among the highlights: Rivard, a 19-year-old from Saint-Jean-sur-Richelieu, Que., won six gold medals in swimming, and set a world record.

THE CANADIAN PRESS



Athletes from champion Brazil arrive for the festivities.

DARREN CALABRESE/THE CANADIAN PRESS

PGA CHAMPIONSHIP

Record-breaking Aussie Jason has his Day in sun

Jason Day led wire-to-wire Sunday at Whistling Straits to close out a record-setting PGA Championship and capture his first major title.

The 27-year-old Australian finished at 20-under 268 to beat Jordan Spieth by three shots. Day is the first player to finish at 20 under in a major.

Day shot 5-under 67, and never let Spieth get closer than two shots. Branden Grace finished third and Justin Rose was fourth.

A nice ending to the major season for a player who has

endured some close calls and his share of heartache.

At the U.S. Open in June, he fell while walking during the second round. He had vertigo symptoms. But he played through the weekend and actually held a share of the lead after 54 holes before fading on Sunday.

At the British Open, he also was in the lead after 54 holes but ended up one shot out of a playoff. He closed the deal this time.

This was Day's 10th top-10 finish at a major. His first came

here, in Wisconsin, at the 2010 PGA.

Earlier this week, Day said he knew if he kept putting himself in position, he'd eventually break through.

He was tearing up as he waited to hit the tap-in putt that would seal the victory. He did it, then raised both fists and buried his face in his caddy's shoulder. His son, Dash, ran to the 18th green to celebrate and Day carried him off the green. Soon, he'll cradle the Wanamaker Trophy.

THE ASSOCIATED PRESS



Jason Day, of Australia, celebrates after winning the PGA Championship

JAE HONG/THE ASSOCIATED PRESS



Brooke Henderson is just 17 years old. THE ASSOCIATED PRESS

GOLF

Canadian teen wins LPGA event

Brooke Henderson won the Cambia Portland Classic by eight strokes Sunday to become the third-youngest champion in LPGA Tour history at 17 years, 11 months, 6 days.

The Canadian from Smiths Falls, Ont., closed with a 3-under 69 at Columbia Edgewater to finish at 21-under 267, the lowest total since the event went from 54 holes to 72 in 2013.

Lydia Ko set the age record as an amateur in the 2012 Canadian Women's Open at 15 years, 4 months, 2 days. She also won the Canadian event in 2013 at 16, and won four times at 17. Lexi Thompson won the 2011 Navistar LPGA Classic at 16 years, 7 months, 8 days. Henderson's eight-stroke margin is the largest in the history of the event and the biggest on the LPGA Tour since Jiyah Shin won the 2012 Women's British Open by nine shots.

Henderson also became the first Canadian winner since Lorie Kane in the 2001 Takefujii Classic and joined Laurel Kean as other only Monday qualifiers to win. Kean accomplished the feat in the 2000 Rail Classic.

Henderson earned \$195,000 and has made \$661,818 in 10 events this year. Last year, LPGA Tour Commissioner Mike Whan denied Henderson's age petition, preventing her from playing Q-school. Because she's assured of finishing among the top 40 in earnings this year, Henderson will earn a tour card for 2016.

Henderson bogeyed the final hole, only her third dropped stroke of the week, and had 24 birdies. She got into the field Monday with a 68, then shot 66-67-65 to take a five-stroke lead into the final round.

Pornanong Phatlum (68), Ha Na Jang (70) and Candie Kung (70) tied for second.

THE ASSOCIATED PRESS

RECIPE Lemon Pasta Vegetable Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



A perfect chilled or room temperature pasta salad that is great as a main meal or side. **Serves 4.**

Ready in

Prep time: 15 minutes

Cook time: 8 minutes

Ingredients

- 8 oz rotini (preferably whole wheat)
 - 2 cups sugar snap peas
 - 2 cups grape tomatoes, sliced in half
 - 3 oz crumbled feta cheese
 - 3 Tbsp fresh chopped dill
- Dressing**
- 3 Tbsp olive oil
 - 3 Tbsp lemon juice
 - 1 Tbsp Dijon mustard
 - 1/2 tsp minced garlic

• Salt and pepper

Directions

1. Cook pasta in boiling water according to package directions. In last two minutes, add snap peas and cook just until crisp. Drain, saving 1/4 cup of the pasta water. Rinse pasta with cold water until pasta and peas are no longer warm. Add to serving bowl along with reserved water, tomatoes, feta and dill.

2. Add ingredients for dressing and mix well.

Nutrition per serving

- Calories 370
- Protein 12 g
- Carbohydrates 47 g
- Fibre 6 g
- Total fat 15 g
- Saturated fat 3.5 g
- Cholesterol 5 mg
- Sodium 400 mg

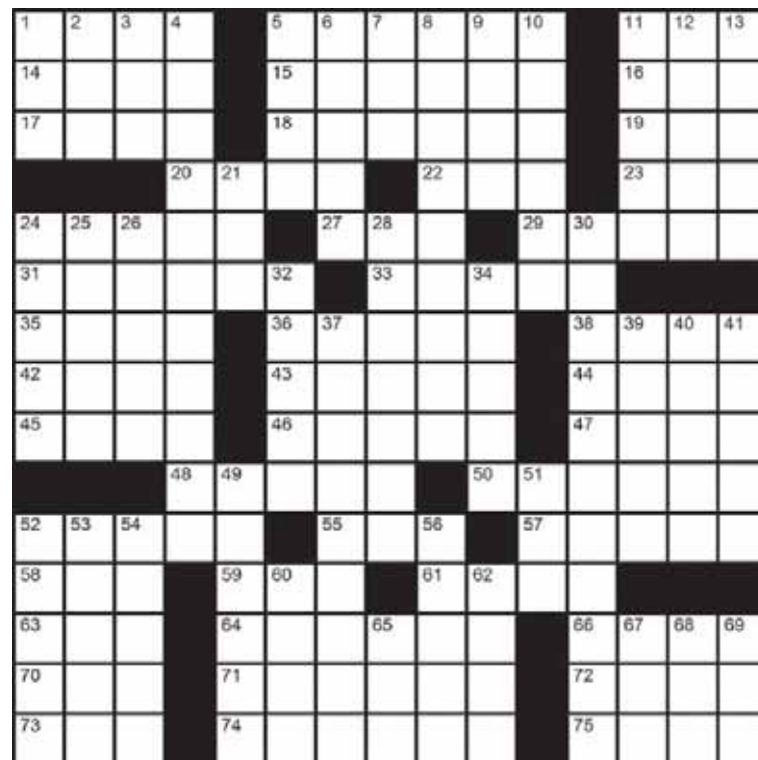
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Fly _ Home" (1996)
 5. Security system device
 11. Corn throwaway
 14. Health club offering using mats
 15. Montreal 'star'
 16. 'Select' suffix
 17. Birthers of baby baa-ers
 18. Aerobics moves
 19. Canadian train name
 20. Jewellery material
 22. Red significance on a tap
 23. Sign-off
 24. Cleanse thoroughly
 27. Ouest's opposite
 29. Rob of "Melrose Place"
 31. "Sex and the City" character
 33. Overthrow
 35. Wipes
 36. Bearded, as wheat
 38. Sales slips, shortly
 42. Like/seemingly: 2 wds.
 43. Wounded by a bull
 44. "Dies _": Latin hymn meaning 'Day of Wrath'
 45. Ms. Wilson of "La Femme Nikita"
 46. France's longest river
 47. Not yet final, at law
 48. Marsh plants
 50. _ Thesaurus



- (Popular book of synonyms)
 52. There's one appearing in "I, Robot" (2004)
 55. Body of water
 57. Mr. Zimbalist Jr.
 58. Tic-Tac-Toe losing row
 59. Groove

61. iPhone's voice-activated helper
 63. English _
 64. Exhibits buoyancy
 66. Colossal
 70. Dutch city
 71. Remove one's identity badge, perhaps
 72. Peru's capital

73. Poivre's pal
 74. Paula Abdul once cheered for them
 75. Companies: Marketing or Accounting, e.g.

DOWN

1. Nautilically nae-not
 2. "Impressive!"

3. Ripen
 4. Bit of #37-Down: "I'm going on down to _ _ / I'm going to join in a rock 'n' roll band..."
 5. Hawk
 6. Musical piece for Chopin
 7. _ sequitur
 8. Tourist
 9. Margarine
 10. One taking a break
 11. Spotted cat-like mammal
 12. Pertaining to sheep
 13. Necklace bits
 21. "Either he goes _ _ go!"
 24. Abandon
 25. Reason
 26. William _ (British remixer/producer)
 28. Break of day
 30. Buffalo _ (Pre-CSNY group)
 32. Bald _ (North American bird)
 34. Bovid bag
 37. Joni Mitchell song covered by CSNY about the same-named 1969 music festival
 39. Town _ (News-giver of yore)
 40. Flavour
 41. Earthquake
 49. Bawling out
 51. "Whistle _ the Lave Ot": Song by Scottish poet Robert Burns
 52. _ Notes (Literature aids)
 53. Rusty stuff, Iron _
 54. Traveller's lodging
 56. Awakened
 60. Forearm bone
 62. Web connectors, commonly
 65. Ginger beverage
 67. "American _" (1999)
 68. Little devil
 69. Meower

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

It's no big deal if you feel a bit left out. You are sending out signals to those around you that you don't want to be bothered too much and friends and colleagues are simply respecting your unspoken wishes.

♉ Taurus April 21 - May 21

You will be put to the test and pass with flying colors. No matter how big the challenge you are big enough to meet it. You were born to lead and you were born to succeed.

♊ Gemini May 22 - June 21

Some intense cosmic activity will encourage you to deal with events you usually avoid. Chances are you will deal with them so well, you'll wonder what all the fuss was about.

♋ Cancer June 22 - July 23

The planets promise success and riches beyond your wildest dreams. Okay, so maybe it won't be quite that spectacular but it will be worth having. Don't get carried away though. What took so much effort to acquire won't take much effort to lose.

♌ Leo July 24 - Aug. 23

A feud that has taken up too much time and energy must be resolved. Today's planetary set-up will give you the courage to make changes. Hopefully others will accept them.

♍ Virgo Aug. 24 - Sept. 23

You like to be in control but that may not be possible today. If you are smart you will let others take the wheel. Yes, you will enjoy the ride.

♎ Libra Sept. 24 - Oct. 23

You need to scale down your ambitions a bit. Don't think of it as giving up things you like, think of it as making more room for things you love.

♏ Scorpio Oct. 24 - Nov. 22

If your private life is in a bit of a mess then now is the time to sort it out. The planets will help you make necessary changes but you have got to be honest with those you love. Don't just tell them what they want to hear.

♐ Sagittarius Nov. 23 - Dec. 21

For some strange reason you seem to believe that you are not really good enough to compete at the highest level, but nothing could be further from the truth. You have so much talent at your disposal.

♑ Capricorn Dec. 22 - Jan. 20

So many things are changing but the long-term results will be favourable. A week or so from now you will have a much more positive view of what is going on.

♒ Aquarius Jan. 21 - Feb. 19

Do everything in your power to get along with partners, colleagues and employers. You must be willing to compromise, even if it means you get slightly less while they get more.

♓ Pisces Feb. 20 - March 20

Personal matters are causing you a lot of concern and things are likely to come to a head when the Sun links with Saturn at the end of the week. Between now and then be good to yourself and get plenty of rest.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2013 Conceptis Puzzles, Ltd. By King Features Syndicate, Inc.

**GET AHEAD OF THE CROWD
YOUR CAREER TRAINING
STARTS NOW!**

**BUSINESS, HEALTHCARE, IT,
LEGAL, HOSPITALITY AND MORE!**

CALGARY NORTHEAST (403) 569-8973

CALGARY SOUTH (403) 252-8973



**Academy
OF LEARNING
CAREER COLLEGE**

www.academyoflearning.ab.ca



AUGUST 1
TO
AUGUST 31
ONLY

3 FOR FREE

WE'LL MAKE YOUR
FIRST 3 BI-WEEKLY
PAYMENTS*

ON SELECT NEW VEHICLES ONLY



YOUR 4x4 IS AT BIG 4!

NOW GET 0% FINANCING FOR UP TO 72 MONTHS ON THE 2015 JEEP CHEROKEE.

CALGARY'S BEST 4X4 DEAL!

OVER A DOZEN AVAILABLE. LOADED WITH THE FEATURES YOU WANT!

2015 JEEP PATRIOT 4x4

AUTO • A/C • BLUETOOTH • CRUISE • ROOF RACK • CUSTOM BLACK ALLOYS
FOG LAMPS AND MUCH MORE!



15J290



\$19,990

OR PAY \$121 BIWEEKLY

CALGARY'S BEST CROSSOVER DEAL

THINK A LOADED SEVEN PASSENGER CUV IS EXPENSIVE? THINK AGAIN!

2015 DODGE JOURNEY R/T AWD

LOADED WITH LEATHER • SUNROOF • NAV • BLUETOOTH • DVD • BACKUP CAM
PENTASTAR V6 • REMOTE START AND MORE!



15T538



\$29,990

OR PAY \$169 BIWEEKLY



GET 0% FINANCING ON CHEROKEE!

OUR MOST POPULAR CHEROKEE HAS 0% FINANCING FOR 72 MONTHS!

2015 JEEP CHEROKEE V6 4x4

THE OPTIONS YOU WANT! BACKUP CAM • HEATED SEATS
HEATED STEERING WHEEL • 9-SPEED AUTO • REMOTE START AND MORE!



15J422

\$27,990

OR PAY \$155 BIWEEKLY

GET 0% FINANCING ON LOADED CHEROKEES!

NORTH AMERICA'S HOTTEST SUV NOW HAS 0% 72 MONTH FINANCING!

2015 JEEP CHEROKEE LIMITED

LOADED WITH EVERY AVAILABLE OPTION! LEATHER • "PANO" SUNROOF
NAV • LUXURY PACKAGE • TOW PACKAGE • TECH PACKAGE AND MORE!



15J528

\$39,990

OR PAY \$220 BIWEEKLY



JERRY PETERSON
18 YEARS



SCOTT CLAY
4 YEARS



DAN MILLS
21 YEARS



JOAN RODRIGUEZ
19 YEARS



NAN KIM
24 YEARS



JOE CHIARELLI
48 YEARS



JASON SNOWIE
8 YEARS



MICHAEL COSSINI
10 YEARS



GLEN KARGER
43 YEARS



BOB COLEMAN
20 YEARS



GERRY WOOD
48 YEARS



MARTIN VENNART
8 YEARS



DARRYL SCHREINER
18 YEARS



ROB BURNETT
10 YEARS



AHMED MAWQUR
8 YEARS



PHIL LAWRENCE
22 YEARS



JOHN OUELLET
11 YEARS



JIM NARASIM
22 YEARS



MICHELLE ANGOLOAN
11 YEARS



DOREEN THOMPSON
26 YEARS



BRUCE GRIFFIN
14 YEARS



STACY BOGOWIAD
4 YEARS



CALGARY'S MOST-EXPERIENCED TEAM HAS THE ANSWERS!

7330 MACLEOD TRAIL S. NORTH OF HERITAGE DR.

(403) 451-6193 www.BIG4MOTORS.com



★★★★★



AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. 3FOR FREE OFFER APPLIES TO SELECT NEW 2015 MODELS ONLY. 2015 MODEL BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 4.99% (2.99% FOR CHEROKEE) WITH \$0 DOWNPAYMENT. COB=\$6,007.14 (15T290). ALL REBATES TO DEALER. VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

